

# BELMONT

## PARKS AND RECREATION DEPARTMENT

*We Create Community through People, Parks and Programs*



**NEW**  
Classes and Camps!  
See inside cover for details.

Many new camps and activities for all ages!  
Farmer's Market, Summer Concerts,  
and MORE, for summer!  
**SIGN UP TODAY!**



## SUMMER 2003

NEW

## NEW CLASSES

	Page
Adult Drop-In Basketball.....	16
Alternative Health Care.....	23
American Tribal Belly Dance.....	18
A.T.O.M.S. Science Camp.....	14
Basic Rowing or Sculling for Adults.....	22
Creative Arts.....	8
Dance Camp.....	12
Dance Discovery.....	6
Digital Imaging.....	25
Dog Tricks and Fun.....	22
Grandma & Me Porcelain Crafts.....	28
Hot Salsa for Beg/Int.....	17
Ikebana Floral Arranging.....	24
Inter. Sabre Fencing.....	7
Intro. to Hawaiian Outrigger Paddling..	22
Kollage Art Camps.....	12
Mike Roza Pitching Camp.....	12
Mountain Bike Extreme Coaching.....	20
Ninja Camp.....	13
Phonics Workshop.....	5
Pre-Natal Yoga Class.....	23
Science Explorers, and Camp.....	8,12
Spanish Camp.....	14
Together Time.....	28
Total Body Conditioning.....	20
USPS Boat Smart.....	22
Watercolors.....	7

Remember to hold onto your Guide through August!

## SUMMER SUMMER SUMMER

**Summer Job Opportunities**

This year why not go for money and a rewarding experience! Join us at Belmont Parks & Recreation Dept. to have an impact on a child's life. Different age groups and types of work experiences offered.

Job applications available NOW!

## SUMMER SUMMER SUMMER

**Table of Contents**

<u>Youth Activities</u>	Page
Preschool & Day Care.....	4
Preschool & Youth Classes.....	6
Specialty Camps.....	11-14
Swim Program.....	9,10
Tennis.....	15
Youth & Teen Classes.....	7-15

Adult Classes

Tennis.....	15
Dance Classes.....	17,18
Enrichment.....	21-25
Fitness Classes.....	19,20
Parent/Child Enrichment.....	5
Sports.....	16

Adult 55 Plus

Classes.....	28-30
Special Events.....	27,29,30
Information & Referral.....	26,30-33

Special Events

Farmer's Market.....	back cover
City Flea Market.....	35
City-wide Garage Sale.....	34
Summer Concert Series.....	back cover
Twin Pines Art Center Opening.....	37

General Information

Chamber of Commerce.....	37
Community Information.....	37,38
Library Information.....	5
Notre Dame de Namur Commencement.....	37
Recreation Facilities.....	36
Registration Information.....	39

Cover designed by Alex Troyan



# CITY OF BELMONT

## BELMONT PARKS & RECREATION DEPARTMENT

### SUMMER 2003

1225 Ralston Ave.  
Belmont, California 94002

**PHONE (650) 595-7441**  
TDD (650) 637-2999  
Fax (650) 595-7419

**<http://www.belmont.gov/>**  
**e-mail: [parksrec@ci.belmont.ca.us](mailto:parksrec@ci.belmont.ca.us)**

#### CITY COUNCIL

Paul Wright, Mayor  
George Metropulos, Vice Mayor  
Dave Bauer, Council Member  
Dave Warden, Council Member

#### PARKS & RECREATION COMMISSION

Stephen Singer, Chairperson  
Mike Dutto, Vice Chairperson  
Rich Bortoli, Commissioner  
Margo Cheechov, Commissioner  
Erica Goodwin, Youth Commissioner  
Jackie Kimmey, Youth Commissioner  
Judy King, Commissioner  
Walt Shjeflo, Commissioner  
Aimee Swanson, Commissioner

#### ARTS COMMISSION

Audrey Murray, Chairperson  
Judie Davis, Vice Chairperson  
Judi Allen, Commissioner  
Ann Besser, Commissioner  
Risa Horowitz, Commissioner  
Gardenia Kimmey, Commissioner

#### Meetings

City Council - 2nd & 4th Tuesday, 7:30pm

Senior & Community Center

Arts Commission - 3rd Monday, 7:00pm

Senior & Community Center

Park & Recreation Commission - 1st Wed., 7:30pm

City Hall, Room 101, 1070 6th Ave, Belmont

The Parks and Recreation Department would like to extend a special invitation to you, your family and friends to visit and enjoy our many fine parks and recreation facilities. Our staff provides a wide range of recreational, cultural, and community service programs to serve all age groups. This Activities Guide is published to help maximize your opportunity to plan and participate in these programs.

Belmont Parks & Recreation Department's mission is to ensure and enhance the quality of life for the Belmont Community by providing cultural, social, and recreational opportunities in the City's parks, recreational facilities, and open space.

#### CITY MANAGER

Jere Kersnar

#### PARKS & RECREATION STAFF

Karl Mittelstadt, Director of Parks & Recreation  
Vern Holte, Recreation Superintendent  
Henry Ruspil, Park Supervisor  
George Brunson, Recreation Supervisor,  
General Recreation  
Mary Doherty, Recreation Supervisor,  
General Recreation  
Cheri Handley, Recreation Supervisor,  
Senior Center  
Linda Steenman, Recreation Supervisor,  
Day Care  
Francis Mason, Facilities Coordinator  
Pietie Vreman, Senior Services Coordinator  
Grace Saggau, Administrative Assistant  
Karen Leonoudakis, Office Assistant



# 4

# Preschool & Day Care

## Our Goals:

### Programs Offered:

Our program offers child care to fit your schedule. Full-time, part-time, preschool and toddler programs are the options available. The program is designed to provide children with the opportunity to experience the satisfaction of learning and the warmth of friendship. Activities provide opportunities for growth in such areas as language, numbers, music, social skills and exploring the arts. A balance between structured activities and self-directed play is incorporated into the young child's day.

- Encourage the development of creativity
- Provide a happy learning and growing experience
- Promote a healthy self-concept
- Activities designed to meet children's needs, interests and abilities



For additional information, please call  
the Community Learning Center at  
(650)595-7448

## Preschool Program Tuition

CLASSIFICATION	AGES SERVED	DESCRIPTION	BELMONT RESIDENT	NON RESIDENT
Full Day Care	3-5 Years	Monday-Friday Between operation hours of 7:00am & 6:00pm	\$670.00 Monthly	\$685.00 Monthly
Part Time Care	3-5 Years	25 hours per week	\$555.00 Monthly	\$570.00 Monthly
Hourly Care	3-5 Years	Must be prescheduled monthly with hours approved by director	\$10.00 Hourly	\$10.00 Hourly
Preschool Program	3-5 Years	Monday, Wednesday, and Friday 9:00am - 11:45am	\$300.00 Monthly	\$310.00 Monthly
	3-5 Years	Or 3:00pm - 5:00pm	\$235.00 Monthly	\$245.00 Monthly
Preschool Program	3-5 Years	Tuesday, Thursday 9:00am - 11:45am	\$260.00 Monthly	\$270.00 Monthly
	3-5 Years	OR 3:00pm - 5:00pm	\$205.00 Monthly	\$215.00 Monthly
Toddler Program Full Day Care	2	Monday-Friday Between operation hours of 7:00am & 6:00pm	\$690.00 Monthly	\$705.00 Monthly
Toddler Program Part Time Care	2	25 hours per week Set with Director upon enrollment	\$575.00 Monthly	\$590.00 Monthly

A registration fee of \$75 per child is payable upon enrollment.

Children withdrawn from the program for a period greater than 4 months must resubmit enrollment fee.

A 5% discount will be given to families with two or more children. Rates are subject to change.

### Location:

Barrett Community Center, Rooms 5, 8, & 9  
1835 Belburn Drive, Belmont, CA 94002

Linda Steenman, Preschool Director

Preschool License #410509243



# Parent /Child Enrichment 5

## Belmont Library

1110 Alameda

(650)591-8286

www.belmontlibrary.org



**Hours:** Monday-Wednesday 10:00am-9:00pm  
Thursday & Friday 10:00am-6:00pm  
Sat. 10:00am-5:00pm, Sun. 1-5:00pm

### Library Programs:

Story programs at Belmont Library:

#### Baby Storytime

(4-18 months old): Wednesdays at 10:00am

#### Toddler Storytime

(18 months-3 years): Wednesdays at 11:00am

#### Family Storytime

(3 years +): Tuesdays at 7pm, when no other programs are happening that same night.

#### MAY

1st - 4pm - Cinco de Mayo storytime & crafts. 3 years and up.

#### JUNE

7th - Register June 7 - July 18 for Summer Reading Club and get prizes for reading. Birth - 8th grade.

14th - 2pm Dad & me at Library storytime with Supervisor Jerry Hill.

24th - 7:30pm - Germar the Magician will make things disappear before eyes of all ages!

#### JULY

1st - 7:30pm - Lariat Larry does rope tricks and tells stories of the Wild West. All ages.

Book Discussion Group meets the second Wednesday of the month, no meeting in July and August.

For additional summer programming or more details, please call the Belmont Library.

### **NEW** - Great books for Pre-schoolers

Are you bored with reading the same bedtime books, or buying the same gift books? Come learn about new books for pre-schoolers from our youth services librarian. Learn how to find out about new release books. We'll introduce rhyming, picture, pop-up books and popular CD/DVD's and videos.

We welcome adults (may bring child 3 years +)  
Wed. May 21 7-8pm FREE

### Art Exploration (4 Classes)

NEW

AGE: 2-4 years with parent

FEE: \$67 Residents, \$81 Non-residents

LAB FEE: \$12 paid to instructor first class, covers all materials used.

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Jackson Robertson

An opportunity for your child to find inspiration through arts and crafts. Classes will include finger painting, brushwork, pens, stickers and other basic artistic mediums. Will also plan to incorporate music to encourage children to find their rhythm while learning to share, socialize and create.



0019.201	T	10:30-12 noon	6/3 - 6/24
0019.202	T	10:30-12 noon	7/8 - 7/29
0019.203	T	10:30-12 noon	8/5 - 8/26

### Parent/Child Rock Climbing (1 Class)

AGE: 5yrs -13yrs

FEE: \$44 Residents, \$53 Non-residents

LOCATION: Belmont Planet Granite

INSTRUCTOR: Planet Granite staff

Come learn to rock climb with your child! This one-hour program teaches parents the safety skills your child will need to climb at Planet Granite. It includes kid's day pass and rentals for return visit. Registration covers one child and adult; parent must sign release paperwork.

1124.201	Sat	10-11am	July 19
1124.202	Sat	10-11am	August 16

### Phonics Workshop (8 Classes)

NEW

AGE: 3 1/2 -5 yrs

FEE: \$83 Residents, \$100 Non-residents

LAB FEE: \$10 covers worksheets and art-work

LOCATION: Barrett Community Center Room B

INSTRUCTOR: SAES Staff

Have fun learning phonics with songs, books and art. The classes will deal with beginning sounds for the first 8 weeks and move on to blends in later dates. Come join us and have a good time learning phonics.

0021.201	T	10:30 - 11:30am	5/6 - 6/24
----------	---	-----------------	------------

### Parent & Me Ice Skating (6 Classes)

AGE: 2-5 years with parent

FEE: \$66 Residents, \$80 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Iceland staff

Now you can learn to skate with your little one, have quality time and get exercise together. Children have a blast learning to skate with Mom or Dad, and you have fun too! Fee includes skate rental, skating time and lesson.

0022.201	Sat	11:30am -noon	6/14 - 7/19
0022.202	Sat	12-12:30pm	6/14 - 7/19
0022.203	Sat	11:30am -noon	7/26 - 8/30
0022.204	Sat	12-12:30pm	7/26 - 8/30

# 6 Pre-school/Youth Classes

## Gymnastics - Co-ed (8 Classes)

AGE: 3-5 year

FEE: \$83 Residents, \$99 Non-residents

LOCATION: San Mateo Gymnastic Club 1306 Elmer St., Belmont (1 Blk E. of Old County off Ralston )

INSTRUCTOR: Staff of San Mateo Gymnastic Club

A program that encourages the development of gross motor skills, confidence, strength, coordination, and personal awareness in the pre-school child through basic gymnastic skills and exercise. Students will do tumbling, use bars, beam and vault.

0014.201	Th	11:00-11:45am	6/19 - 8/7
0014.202	F	9:00-9:45am	6/20 - 8/8

## Ice Skating (6 Classes)

AGE: 4-6 years OR 7-14 years

FEE: \$66 Residents, \$80 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Eastbay Iceland Skating School

Learn to skate with the professional staff at Belmont Iceland in a fun and safe environment; gain a lifelong hobby! Skaters are separated by age, and encouraged to learn basic techniques of skating. Includes skate rental and a free public session the day of the class.

1119.201	Th	6:45-7:15pm	6/12 - 7/17
1119.202	Sat	11:30am -noon	6/14 - 7/19
1119.203	Sat	12-12:30pm	6/14 - 7/19
1119.204	Th	6:45-7:15pm	7/24 - 8/28
1119.205	Sat	11:30am -noon	7/26 - 8/30
1119.206	Sat	12-12:30pm	7/26 - 8/30

## Dance Discovery (7 Classes)

AGE: 3-4 years,

FEE: \$56 Residents, \$67 Non-residents

LOCATION: Barrett Comm. Ctr., Room B

INSTRUCTOR: Teri Nash, Certified Dance Masters Association Instructor.

NEW

Exciting new class for preschoolers to discover the magic of dance. Emphasis will be on learning the very basic movements of dance in a fun and safe environment. Pink leotard, tights and ballet shoes are required.

0020.201	Th	3:30 - 4:15pm	5/22 - 7/3
----------	----	---------------	------------



## Introduction to Karate / Kung Fu (5 Classes)

AGE: 4-12 years

FEE: \$120 Residents, \$140 Non-residents

Fee includes uniform and manual given at studio.

LOCATION: United Studios of Self Defense, 2043 Ralston Ave. (Carlmont Shopping Center)

INSTRUCTOR: USSD Staff

Boys and girls will develop good self-defense skills, greater self control, confidence, respect for others, stronger physical ability, and sharper mental discipline, plus have fun and feel better in this 5-week basic self-defense course. Students desiring to continue their training will enroll at the studio.

1117.201	M	5:00-5:45pm	5/5 - 6/2
1117.202	M	5:00-5:45pm	6/9 - 7/7
1117.203	M	5:00-5:45pm	7/14 - 8/11
1117.204	T	5:00-5:45pm	5/6 - 6/3
1117.205	T	5:00-5:45pm	6/10 - 7/8
1117.206	T	5:00-5:45pm	7/15 - 8/12

## Pre-Ballet (8 or 5 Classes)

AGE: 4-5 years

FEE: See Below

LOCATION: Barrett Community Center, Room A

INSTRUCTOR: Leslie Marx, BFA Dance, ECE

Pre-ballet is an introduction to ballet. The basic positions and elementary steps will be taught. Movement, games, and imagination will be incorporated into the class. Listening skills, following directions, and grace are learned within this context. The primary goal is for each child to experience the joy of movement and music. Dancewear and ballet shoes are advised. Parents and friends are invited to the final demonstration class.

**8 Weeks - \$65 Res., \$78 Non-res.**

0028.201	Th	2:40 - 3:20pm	5/1 - 6/19
----------	----	---------------	------------

**5 Weeks - \$42 Res., \$50 Non-res.**

0028.202	W	3:40 - 4:20pm	7/16 - 8/13
----------	---	---------------	-------------

Wednesday and Thursday afternoon classes available, at 5:00-5:45pm starting the weeks listed above. Ask us for more details.

See our camps and swimming pages for more activities.

# Youth Classes

7

## Jazz Dance (4 Classes)

AGE: 8-12 years,  
FEE: \$39 Residents, \$46 Non-residents  
LOCATION: Barrett Comm. Ctr., Room A  
INSTRUCTOR: Teri Nash, Certified Dance Masters Association Instructor.

Come dance to your favorite music! Join this beginning jazz class and learn basic jazz steps. We will learn a dance routine that will be performed on the last day of class for family and friends. Dancewear and jazz shoes are recommended for this class.

1121.201 F 3:45 - 4:45pm 5/23 - 6/13

## TaeKwonDo/Hapkido (4 Weeks)

AGE: 7-14 years  
FEE: \$85 Residents, \$95 Non-residents  
LOCATION: Bay Area Hapkido, 617 Mt View Ave, Suite 8, Belmont  
INSTRUCTOR: Mike Agoff, 6th degree Black belt

TaeKwonDo is known for its powerful hand strikes, blocks and dynamic kicks. Students will learn self-defense skills while improving coordination, flexibility and strength. They will then progress to Hapkido, known for its advanced self-defense skills including throwing, joint locks, pressure points, ground defense and others. Students may train up to 3 days per week.

1167.104 M W F 5:15 - 6:00pm 4/7 - 4/28  
1167.201 M W F 5:15 - 6:00pm 5/5 - 5/30  
1167.202 M W F 5:15 - 6:00pm 6/2 - 6/27

## Summer School Program At Central and Cipriani

The Parks and Recreation Department in co-operation with the Belmont-Redwood Shores School District will provide a variety of recreation enrichment classes to supplement the regular summer school program. The program is for students who have completed grades K through 7. Classes begin on Monday, June 23rd and continue through Friday, July 18th. Hours are from 9:00am to 12:10pm. Information on these recreation enrichment opportunities will be sent through the schools.

## Basic Ballet (8 or 5 Classes)

AGE: 6-12 years  
FEE: see below  
LOCATION: Barrett Community Center, Room A  
INSTRUCTOR: Leslie Marx, BFA Dance, ECE

This class will consist of "floor exercises" to warm and align the body; a ballet 'barre' to practice the basic steps and movements across the floor. The emphasis will be on the joy of movement and music with a positive encouraging approach. Dancewear and ballet shoes are advised. Parents and friends are invited to the final demonstration and to see a simple dance performed.

**8 weeks - \$65 Residents, \$78 Non-residents**  
1118.201 Th 3:30 - 4:20pm 5/1 - 6/19  
**5 weeks - \$42 Residents, \$50 Non-residents**  
1118.202 W 4:30 - 5:20pm 7/16 - 8/13

## Beginning Fencing (4 Classes)

AGE: 8-12 years  
FEE: \$53 Residents, \$63 Non-residents  
LAB FEE: \$10 for equipment  
LOCATION: Barrett Community Center, Room B  
INSTRUCTOR: Eric Dew, competitive fencer, instructor, nationally rated fencing official.

Our beginning class will emphasize fun activities to introduce fencing. All students will use equipment and compete in friendly sparring with goals being fitness, overall understanding of the sport and preparation for local competition if desired. Instructor will provide, jacket, mask, glove, necessary equipment.

2210.201 W 3:30 - 4:30pm 6/4 - 6/25  
2210.202 W 3:30 - 4:30pm 8/6 - 8/27



## Intermediate Sabre Fencing (4 Classes)

AGE: 8-15 years  
FEE: \$80 Residents, \$96 Non-residents  
LAB FEE: \$10 for equipment, if you use instructor's  
LOCATION: Barrett Community Center, Room B  
INSTRUCTOR: Eric Dew, competitive fencer, instructor, nationally rated fencing official.

This is intended for students who have completed beginning and are preparing to compete in local and regional sabre fencing competitions. You are encouraged to provide your own equipment, some will be available.

2210.203 W 4:30 - 6:30pm 6/4 - 6/25  
2210.204 W 4:30 - 6:30pm 8/6 - 8/27

Register for all our classes through Parks & Recreation 1225 Ralston Ave, 595-7441

# 8 Youth Classes

## Hockey Skills for Beginners (6 Classes)

AGE: 7-12 years

FEE: \$65 Residents, \$78 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Staff of Belmont Iceland

Without frozen ponds and rivers, you can still have a blast learning this fun and exciting sport! Come and learn the fundamentals of hockey skating. The class focuses on skating and stick control with a puck. No protective gear is necessary, but you may want to purchase a stick for maximum participation.

1120.201	Sat	11:30-12:00pm	6/14 - 7/19
1120.202	Sat	12:00-12:30pm	6/14 - 7/19
1120.203	Sat	11:30-12:00pm	7/26 - 8/30
1120.204	Sat	12:00-12:30pm	7/26 - 8/30

## Make a Movie for Kids (6 Classes)

AGE: 7-12 years

FEE: \$95 Residents, \$105 Non-residents

LOCATION: Twin Pines Cottage

INSTRUCTOR: Shelley Frost, author, videographer

Have you ever wanted to star in a movie, or create your own stories? Now you can! We'll choose our script, cast our characters, plan our costumes, make up and props. Then we'll rehearse action sequences and dialogue. Next comes "Quiet on the set....action!" When the movie is shot, the director will say "That's a wrap!" Invite your friends and family to the Red Carpet Premier, enjoy some popcorn and see yourself on the big screen.

1180.201	M W F	3:30-5pm	6/16 - 6/27
1180.202	M W F	3:30-5pm	8/4 - 8/15

## Cartooning (3 or 4 Classes)

AGE: 7-14 years

FEE and LOCATION - see below

LAB FEE: \$5 for pens, paper, pads, payable to the instructor at first class

INSTRUCTOR: Joanne Muller

Wonder how cartoons are made? We will teach you how to draw cartoons of people and animals. We will also learn how artist create animation for the movies and TV. Each child will make a cel and create his/her own cartoon character. Returning students will make their own comic books and more advanced techniques of cartooning and animation.

Barrett Community Center - \$38 Res, \$45 Non-res.

1159.201 Sat 10am - noon 5/3 - 5/17

Burton Park, San Carlos \$38 Res. \$45 Non-res.

1159.202 F 1-2:30pm 6/27 - 7/25

## Calligraphy (5 Classes)

AGE: 8-14 years

FEE: \$44 Residents, \$52 Non-residents

LAB FEE: \$6 for pens, paper, pads, payable to the instructor at first class

LOCATION: San Carlos Senior Center

INSTRUCTOR: Joanne Muller

Calligraphy is the art of beautiful handwriting. We will begin by learning the Roman Italic alphabet. Children who've taken the class before will go on to other alphabets. We will design stationery or greeting cards on the last day using stamps and clip art.

1161.201 Th 3:30 - 5:00pm 7/10 - 8/7

## Watercolors (5 Classes)

AGE: 7-14 years

FEE: \$40 Residents, \$48 Non-residents

LAB FEE: \$8 payable to the instructor at first class

LOCATION: Burton Park, San Carlos

INSTRUCTOR: Joanne Muller

Get creative this summer! Students will learn to mix colors, as well as learn more techniques used in painting with watercolors. We will paint underwater scenes with tropical fish, still life, flowers and scenery.

1159.203 F 1-2:30 pm 8/1 - 8/29

## Creative Arts (4 Classes)

AGE: 5-8 years

FEE: \$67 Residents, \$81 Non-residents

LAB FEE: \$12 paid to instructor first class, covers all materials used.

LOCATION: Barrett Community Center, Room C

INSTRUCTOR: Jackson Robertson

Many children grow academically and socially with a positive artistic influence. Art helps children build confidence and express themselves in a variety of ways. Listen to music and find your rhythm with brushwork, splash art, decorate ceramic pots and plant flowers. A way to get young people excited about the art world and concept of gift giving in the process.

1163.201 T 1:00 - 2:30 pm 7/8 - 7/29  
1163.202 T 1:00 - 2:30 pm 8/5 - 8/26

## Science Explorers (4 classes)

AGE: 6-11 years

FEE: \$78 Residents, \$94 Non-residents

LAB FEE: \$20 payable to the instructor at first class

LOCATION: Barrett Community Center, Room C

INSTRUCTOR: Steve Heuer

Have a 'blast' learning principles of science while doing hands-on wacky experiments. Each week will be a new experience with Tasty Science and Wacky Inventions such as super bouncing toys, electronics and more, or Blast Off Science and Chemistry Chaos. (No class 5/26)

1136.201 M 3:30 - 5:00pm 5/5 - 6/2  
or Half Day Science Camp in August -see Camps page

See our camps and swimming pages for more activities.



# SUMMER FUN



## Swim Program

### REGISTRATION INSTRUCTIONS:

1. Select Session (dates of class).
2. Read the Class Level Description and Prerequisites to determine the initial placement of your child.
3. After determining your child's level, choose the class time listed for their level and **write the class code number on the registration form.**
4. **Also list the Session** selected on the registration form.
5. Be sure to list a second choice in case your first choice time slot is full. In this case you will be notified by phone.

LOCATION: **Carlmont High School Pool**, 1400 Alameda de las Pulgas

TIME: All classes meet for a half hour each day, Monday-Friday (No Class 7/4)

INSTRUCTORS: Belmont Parks and Recreation Certified Aquatics Staff

## SUMMER SWIMMING LESSONS CLASS LEVEL DESCRIPTIONS & PREREQUISITES

### Pre-Beginner I

**Description:** This class is designed to familiarize students with water safety and enhance a feeling of comfort in the pool.

**Prerequisites:** 3-5 years old and 24-inch shoulder height with no previous experience.

### Pre-Beginner II

**Description:** The purpose of this class is to further develop student's knowledge of water safety and to increase the development of water skills.

**Prerequisites:** 3-5 years old and completed Pre-Beginner I OR can front float and swim 15 feet on stomach.

### Level I

**Description:** The purpose is to help students feel comfortable in the water and to enjoy the water safely, while creating a sound foundation for aquatic safety skills.

**Prerequisites:** Pre-Beginner II Skills OR 6 years old with no previous experience.

### Level II

**Description:** Instruction includes rhythmic breathing, floating, finning, arm strokes, turning over, deep water exploration, retrieve underwater objects, and safety skills.

**Prerequisites:** Level I Skills OR demonstrate front and back float.

### Level III

**Description:** Instruction includes front crawl, back crawl, elementary backstroke, treading water, diving, bobbing and safety skills.

**Prerequisites:** Level II Skills AND adjusted to deep water; demonstrate front and back crawl 5 yards.

### Level IV

**Description:** Instruction includes refinement of front crawl, back crawl, alternate kicks for treading water, basics of breaststroke, sidestroke, turns, diving, endurance building, introduction to CPR and rescue breathing and other safety skills.

**Prerequisites:** Level III Skills at twice the distance (10 yds), demonstrate elementary backstroke (5 yds), basic dive and tread water.

### Level V

**Description:** Instruction includes alternate breathing, stride jump, swim for distances, open turns, increase endurance and skill treading water, feet-first surface dive and advanced safety skills.

**Prerequisites:** Level IV Skills at twice the distance, demonstrate front and back crawl (20 yds), elementary backstroke (10 yds), breaststroke and sidestroke (5 yds).

### Level VI

**Description:** Instruction includes enhancing efficiency, endurance and ability to perform strokes, throwing and reaching rescue skills, advanced personal safety skills, swim continuously for 500 yards using any combination of strokes, in-water rescues using equipment, tread water for 5 minutes.

**Prerequisites:** Level V Skills at twice the distance and underwater swim (5 yds), butterfly kick (10 yds) and tread water 2 minutes.

### Level VII

**Description:** This class is designed to perfect strokes and to develop good fitness habits, with further development of conditioning, diving and rescue skills.

**Prerequisites:** Level VI completion and the ability to demonstrate all level VI requirements.

**\*\*NOTE:** Placement and advancement dependent upon instructor's evaluation. Students may advance during the course of the session.

# Summer Fun

<b>Session I</b> <b>6/23 - 7/3 (no class 7/4)</b> Fee: \$45 Residents \$55 Non-Residents	<b>Session II</b> <b>7/7 - 7/18</b> Fee: \$50 Residents \$60 Non-Residents	<b>Session III</b> <b>7/21 - 8/1</b> Fee: \$50 Residents \$60 Non-Residents	<b>Session IV</b> <b>8/4 - 8/15</b> Fee: \$50 Residents \$60 Non-Residents
---	---	--	---

CODE	TIME	DAY	CODE	TIME	DAY
<b>PRE BEGINNER I</b>			<b>PRE BEGINNER II</b>		
9611.101	10:00-10:30 am	M-F	9612.101	10:00-10:30 am	M-F
9611.102	10:30-11:00 am	M-F	9612.102	10:30-11:00 am	M-F
9611.103	11:00-11:30 am	M-F	9612.103	11:00-11:30 am	M-F
9611.104	11:30-12:00 pm	M-F	9612.104	11:30-12:00 pm	M-F
9611.105	3:00-3:30 pm	M-F	9612.105	3:00-3:30 pm	M-F
9611.106	3:30-4:00 pm	M-F	9612.106	3:30-4:00 pm	M-F
9611.107	4:00-4:30 pm	M-F	9612.107	4:00-4:30 pm	M-F
<b>LEVEL I</b>			<b>LEVEL II</b>		
9711.101	9:30-10:00 am	M-F	9712.101	9:30-10:00 am	M-F
9711.102	10:00-10:30 am	M-F	9712.102	10:00-10:30 am	M-F
9711.103	10:30-11:00 am	M-F	9712.103	10:30-11:00 am	M-F
9711.104	11:00-11:30 am	M-F	9712.104	11:00-11:30 am	M-F
9711.105	11:30-12:00 pm	M-F	9712.105	11:30-12:00 pm	M-F
9711.106	3:00-3:30 pm	M-F	9712.106	3:00-3:30 pm	M-F
9711.107	3:30-4:00 pm	M-F	9712.107	3:30-4:00 pm	M-F
9711.108	4:00-4:30 pm	M-F	9712.108	4:00-4:30 pm	M-F
9711.109	4:30-5:00 pm	M-F	9712.109	4:30-5:00 pm	M-F
<b>LEVEL III</b>			<b>LEVEL IV</b>		
9811.101	9:00-9:30 am	M-F	9911.101	9:00-9:30 am	M-F
9811.102	9:30-10:00 am	M-F	9911.102	9:30-10:00 am	M-F
9811.103	10:00-10:30 am	M-F	9911.103	10:00-10:30 am	M-F
9811.104	10:30-11:00 am	M-F	9911.104	10:30-11:00 am	M-F
9811.105	11:00-11:30 am	M-F	9911.105	11:00-11:30 am	M-F
9811.106	3:00-3:30 pm	M-F	9911.106	3:00-3:30 pm	M-F
9811.107	3:30-4:00 pm	M-F	<b>9911.107</b>	<b>3:30-4:00 pm</b>	<b>M-F</b>
<b>9811.108</b>	<b>4:30-5:00pm</b>	<b>M-F</b>	<b>9911.108</b>	<b>4:30-5:00pm</b>	<b>M-F</b>
<b>LEVEL V</b>			<b>LEVEL VI</b>		
9912.101	9:00-9:30 am	M-F	9412.101	9:00-9:30 am	M-F
9912.102	9:30-10:00 am	M-F	9412.102	4:30-5:00 pm	M-F
9912.103	4:00-4:30 pm	M-F			
<b>LEVEL VII</b>					
9413.101	4:00-4:30 pm	M-F			
9413.102	4:30-5:00pm	M-F			
9413.103	9:00-9:30am	M-F			

**PARENT-TOT CLASSES** - A class for children 1-3 years old and their parent(s). A parent provides the instruction for the child with supervision and guidance from the swim instructor. Parents of younger infants may wish to consult with a pediatrician before enrolling.

CODE	TIME	DAY
9512.101	11:30-12:00 noon	M-F

## Recreation Swimming

Fee: \$2.50 per person

1:00-3:00pm, M-F, 6/23-8/15

(No Rec Swim 7/4)

Children under 10 years must be accompanied by an adult.

## Young Explorers Camp (2 Weeks) Ages 4-6yrs., Twin Pines Lodge #4, Monday through Fridays, times below.

**Two-week sessions - Jun 23 - Aug 15th,  
(No camp 7/4 - Session 1)  
10:00am - 1:00pm OR 1:00 - 4:00pm**

**FEE: Session 1- \$91 Res., \$106 Non-res (no Camp 7/4)  
Morning or Afternoon  
Sessions 2-4 \$98 Res., \$113 Non-Res.  
Morning or Afternoon**

Young children love the thrill and fascination of exploring the world around them. Each session will include crafts, indoor and outdoor games, singing, stories and more while focusing on a special theme. There is lots of fun in store for all! Children may enroll in either or both.

**Session 1 (no camp 7/4)  
6/23 - 7/3, A.M.- 4430.201, P.M. - 4431.201  
Theme: Let's Pretend- week one  
Magic & More - week two**

**Session 2  
7/7 - 7/18, A.M.- 4430.202, P.M. - 4431.202  
Theme: Summer Fun - week one  
Animals and Dinos- week two**

**Session 3  
7/21 - 8/1, A.M. - 4430.203, P.M. - 4431.203  
Theme: Wacky Week- week one  
All About Me - week two**

**Session 4  
8/4 - 8/15 - A.M. 4430.204, P.M. 4431.204  
Theme: Sports & Games- week one  
Nature & Environment - week two**



## Twin Pines Day Camp (2 Weeks)

**Two-week sessions - Jun 23 - Aug 15th  
(no camp 7/4 - Session 1)**

**LOCATION: Twin Pines Park Lodge #1**

**FEE: Session 1: \$154 Residents,  
\$169 Non-Residents  
Session 2-4: \$170 Residents,  
\$185 Non-Residents.**

**This covers regular camp hours of  
10am-4pm, Mondays through Fridays.**

Twin Pines Day Camp offers two full weeks of camp activities including hiking, nature study and awareness, crafts, sports, special events, movies and swim days. A special trip is planned for each session (**additional fee is required for trips**).

**Session 1 - 6/23 - 7/3 (no camp 7/4)  
7-9 yrs #4420.201, - 10,11 yrs #4421.201**

**Session 2 - 7/7 - 7/18  
7-9 yrs #4420.202, - 10,11 yrs #4421.202**

**Session 3 - 7/21 - 8/1  
7-9 yrs #4420.203, - 10,11 yrs #4421.203**

**Session 4 - 8/4 - 8/15  
7-9 yrs #4420.204, - 10,11 yrs #4421.204**



## EXTENDED CAMP

**(for both Day Camp & Young Explorers)**

Extended child care hours are available from 8-10am and 4-6pm which will include fun games and supervised activities before and after camp with our experienced Recreation Leaders.

**Same fee for A.M. or P.M. Sessions.**

**Session 1 - \$56 Res., \$66 Non-res. (No camp 7/4) Session 2-4 - \$62 Res., \$72 Non-res.**

**Session 1, 6/23 - 7/3 (no camp 7/4)**

#4325.201 8-10 am  
#4326.201 4-6pm

**Session 2 - 7/7 - 7/18**

#4325.202 8-10 am  
#4326.202 4-6 pm

**Session 3 - 7/21 - 8/1**

#4325.203 8-10 am  
#4326.203 4-6 pm

**Session 4 - 8/4 - 8/15**

#4325.204 8-10 am  
#4326.204 4-6 pm

# 12

# SUMMER FUN CAMPS

## Dance Camp (5 Classes)

LOCATION: Barrett Community Ctr., Room A  
INSTRUCTOR: Teri Nash, Certified Dance Masters Association Instructor.

AGE: 5-7 years, FEE: \$65 Res., \$78 Non-res.

1121.202 M - F 10am - noon 7/7 - 7/11

Come learn ballet and tap dances just for your age group in an exciting week of Dance Camp. We will make crafts that we can use in our dances. Hard soled shoes for the tap dances, and ballet shoes are recommended.

AGE: 8-12 years, FEE: \$130 Res., \$150 Non-res.

1121.203 M - F 1-5:00 pm 7/7 - 7/11

Come join us for an exciting week at Dance Camp exploring different types of dance, for beginning dancers. We'll cover jazz, musical theatre, hip-hop, ballet, rhythm tap and choreography.

Both Camps will perform dances for friends and family on the last day. Dance attire, and jazz or ballet shoes recommended. Snacks for the 8-12 years, and juice for the 5-7 years will be provided-bring a water bottle.

## Kollage Art Camps (2 Weeks)

AGE: 6-8 years, 9-13 years

FEE: Session 1,3,4,5

\$248 Res. \$268 Non-res.

Session 2 - 6/30 - 7/11 - No Camp on 7/4,

\$224 Res. \$244 Non-res.

LOCATION: Barrett Comm. Center classrooms

INSTRUCTOR: Kollage staff

Have fun and get creative at this popular summer visual arts camp. Each session has a day of ceramic hand building as well as painting, drawing, sculpture and assemblage. Classes are taught by professional artists. Quality art materials are used, and all supplies come with the class. Students at any skill level will learn something new at each camp. Please bring a packed lunch each day.

PLEASE SPECIFY AGE ON REGISTRATION FORM.

### Ages 6-8 years

Sess. 1-4408.201 M - F 10am - 1pm 6/16 - 6/27

Sess. 2-4408.202 M - F 10am - 1pm 6/30 - 7/11  
(no class 7/4)

Sess. 3-4408.203 M - F 10am - 1pm 7/14 - 7/25

Sess. 4-4408.204 M - F 10am - 1pm 7/28 - 8/8

Sess. 5-4408.205 M - F 10am - 1pm 8/11 - 8/22

### Ages 9-13 years

Sess. 1-4408.206 M - F 10am - 1pm 6/16 - 6/27

Sess. 2-4408.207 M - F 10am - 1pm 6/30 - 7/11  
(no class 7/4)

Sess. 3-4408.208 M - F 10am - 1pm 7/14 - 7/25

Sess. 4-4408.209 M - F 10am - 1pm 7/28 - 8/8

Sess. 5-4408.210 M - F 10am - 1pm 8/11 - 8/22

NEW

## Mike Roza Baseball Camp (1 Week)

AGE: 6-13 years

FEE: \$195 Residents, \$234 Non-residents

LOCATION: Belmont Sports Complex

INSTRUCTOR: Mike Roza, and other top coaches.

Designed for beginners or experienced players, we will be using a small group format by age and ability. Learn offensive and defensive drills, also the fundamentals of infield, outfield pitching, hitting, sliding and running the bases. All participants will receive camp T-shirt and prizes. The last day we'll have a Skills Contest, including a Home Run Derby. Bring lunch each day, tennis shoes, cleats, water, bat, glove and hat.

4415.201 M - F 9am - 3pm 7/7 - 7/11

4415.202 M - F 9am - 3pm 7/14 - 7/18



## Mike Roza Pitching Camp (1 Week)

AGE: 6-13 years

FEE: \$135 Residents, \$155 Non-residents

LOCATION: Belmont Sports Complex

INSTRUCTOR: Mike Roza, President of Pitching Academy, professional instructor and other top coaches.

Learn pitching mechanics, develop better control, enhance consistency, reduce arm injuries, create winning pitching strategies and more at the Pitching Academy. Players will be grouped by age and ability in a small group format. All participants will receive a camp T-shirt. Campers should bring tennis shoes, baseball shoes, lunch, water, glove & hat.

4415.203 M T 9am - 3pm 8/4 - 8/5

4415.204 W Th 9am - 3pm 8/6 - 8/7

NEW

## Science Explorers Camp (1 Week)

AGE: 6-11 years

FEE: \$105 Residents \$125 Non-residents

LAB FEE: \$20 payable to the instructor at first class

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Steve Heuer

Have a 'blast' learning principles of science while doing hands-on wacky experiments. Join us for a week of afternoon hands-on fun involving all your senses.

1136.202 M - F 1:00 - 5:00pm 8/18 - 8/22

NEW



## Sports Camp (1 Week)

AGE: 7-15 yrs

LOCATION: Ralston Middle School

FEE: Session 1, 3, 4 - \$85 Res., \$102 Non-res.

Session 2 - \$68 Res., \$82 Non-res.

Ralston Middle School teachers will be offering a well-rounded selection of sports including: baseball, flag football, volleyball, basketball and floor hockey. The emphasis will be on participation, and most of all - Fun! Bring a sack lunch or snack daily! (no club 7/4)

4444.201	M- F	12:30-4pm	6/23 - 6/27
4444.202	M- Th	12:30-4pm	6/30 - 7/3
4444.203	M- F	12:30-4pm	7/7 - 7/11
4444.204	M- F	12:30-4pm	7/14 - 7/18

## Baseball Camp (1 Week)

AGE: 7-15 years

FEE: \$255 Res., \$306 Non-res.

LOCATION: Belmont Sports Complex

INSTRUCTOR: Randy Metheany and staff

This camp for boys and girls aged 7-13 years, will give the opportunity to sharpen and work on both fundamentals and fine points of baseball. Daily sportsmanship awards will be given. Fee includes instruction, daily lunch, and field trip to Giants game.

4447.201	M - F	9am - 2pm	7/21 - 7/25
4447.202	M - F	9am - 2pm	7/28 - 8/1

## Ninja Camp (1 Week)

AGE: 4-15 years

FEE: 10am - 4pm - \$225 Res. \$245 Non-res.

Early drop-off rate - \$250 Res, \$270 Non-res.

Fee includes camp T-shirt and lunch.

LOCATION: United Studios of Self Defense, 2043 Ralston Ave. (Carlmont Shopping Center)

INSTRUCTOR: USSD Staff

**MUST REGISTER BY MAY 1st!!!** \$100 non-refundable deposit given at time of registration; balance due Aug. 1st.

Join us for a week of fun, with karate lessons, park visit, fun activities, movies and more.

4409.201	M-F	8:30 - 9:30am (early drop off)	
4409.202	M-F	9am - 4pm	8/18 - 8/22

## Soccer Camp (1 Week)

INSTRUCTOR: Tony Igwe

LOCATION: Belmont Sports Complex

July 21-25, Monday thru Friday

AGES: 5-6 yrs. , Pee Wee Camp:

#4483.201, 9am-noon, \$105

7-15 yrs. Half Day - 4483.202, 9am - 1pm, \$140

Full Day - 4483.203, 9am - 3pm, \$185

Tony's WASA soccer camp offers Pee Wee's basic soccer rules, skills and holds practice games, with focus on coordination with increased conditioning. The beginning and advanced player will have the opportunity to develop their game with focus on kicking, dribbling, heading, shooting and overall stamina. Camp includes strategy sessions, video playback and organizational exercises. Each participant will receive a T-shirt and a soccer ball. High school players will receive an evaluation from a college recruiter.

## "Camp Freeze" Beg. Ice Skating (1 Week)

AGES: 4-6 years; 5:1 child to Instructor ratio;  
7-14 years; 10:1 child to Instructor ratio

LOCATION: Belmont Iceland,

INSTRUCTOR: Iceland Staff

Learn how to skate, have a blast and stay cool, all at the same time. Our summer camp is perfect for beginning skaters. All will learn the basics and the fun of skating, even tying the skates! They'll learn new moves every day; and experience Ice Art, hockey, and learn about the Zamboni. At the end of the week, participants will perform their skills set to music for family & friends, topping it off with a certificate of completion.

Li'l Penguins-Age 4-6 yrs \$225 Res, \$245 Non-res

4442.201	M - F	12 - 4pm	7/7 - 7/11
4442.202	M - F	12 - 4pm	7/14 - 7/18
4442.203	M - F	12 - 4pm	7/21 - 7/25
4442.204	M - F	12 - 4pm	7/28 - 8/1

Big Kids - Age 7-14, \$200 Res, \$220 Non-Res

4442.205	M - F	12 - 4pm	7/7 - 7/11
4442.206	M - F	12 - 4pm	7/14 - 7/18
4442.207	M - F	12 - 4pm	7/21 - 7/25
4442.208	M - F	12 - 4pm	7/28 - 8/1

Big Kids - All Day Fest, Age 7-14, \$300 Res, \$320 Non-Res

4442.209	M - F	9am-5:30pm	7/7 - 7/11
4442.210	M - F	9am- 5:30pm	7/14 - 7/18
4442.211	M - F	9am-5:30pm	7/21 - 7/25
4442.212	M - F	9am-5:30pm	7/28 - 8/1

Register for all our classes through Parks & Recreation 1225 Ralston Ave, 595-7441

**A.T.O.M.S. (Science Camp)**

AGE: 5-12 years (1 week)

FEE: \$85 Res., \$102 Non-res., Ages 5-7

\$130 Res., \$156 Non-res. Ages 7-12

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Leslie Buckhalter

NEW

Adventures Through Open Minds is a science club for kids, run by Leslie Buckhalter, well-known to Belmont. Come learn what you have in common with a pond (hint: atoms). Join us this summer as science comes to life in fun, adventurous experiences of discovery.

Ages 5-7 years - Materials fee-\$30-payable to Instructor.

4407.201 M-F 9-11:00 am 6/16 - 6/20

Ages 7-12 years - Materials fee-\$40-payable to Instructor

4407.202 M-F 1-5:00pm 6/16 - 6/20

**Spanish Camp (1 Week)- correction**

Kids into Speaking Spanish

MONDAY THROUGH FRIDAY

AGE: 7-12 years old

FEE: \$110 Res, \$132 Non-res.

LOCATION: Barrett Community Center, Room B

LAB FEE: \$30 payable to instructor the first day of class

INSTRUCTOR: KISS STAFF

9-noon-Mi Casa Su Casa - Spanish language comes alive with related themes incorporating vocabulary through music, dance, and games designed to entice students to learn.

1-4pm-Conquistador- Come back in time with us and explore the path of the Spanish explorers from Mayans to Aztecs. Arts & crafts, music and games will draw us into the people and the culture with geography and ancient ruins highlighting the week.

4456.201 M-F 9:00am - noon 8/4 - 8/8

4456.202 M-F 1-4:00pm 8/4 - 8/8

**Summer Fun on the Stage (7 Weeks)**

AGE: 9-18 years

FEE:\$250 Residents, \$298 Non-residents

LOCATION: Barrett Community Center, MU Room

INSTRUCTORS: Matthew Stenquist-Mattei and Mary Hill

Come join Matthew and Mary as we once again pursue the magical world of musical theatre in the Summer Fun on the Stage program. In this program, students will study the art of acting, dancing and singing as we all work together to produce a full length musical revue. Attendance at each class is mandatory, as is participation in the final performances. See you on stage!

**Performance dates are August 7, 8, 9 at 8:00pm.**

4455.201 M-Th 12:45-2:45pm 6/23 - 8/9

**Traveling Camp (2 Weeks)**

AGES: going into 6th, 7th, 8th grades

LOCATION: Barrett Community Center, Room E

TIME: 10am - 4pm, except trip dates, no camp 7/4

4440.201 M - Th 10am - 4pm 6/23 - 7/3

extended a.m - 4325.205; p.m.-4326.205

4440.202 M - F 10am - 4pm 7/7 - 7/18

extended a.m-4325.206; p.m. - 4326.206

4440.203 M - F 10am - 4pm 7/21 - 8/1

extended a.m.4325.207; p.m. - 4326.207

4440.204 M - F 10am - 4pm 8/4 - 8/15

extended a.m - 4325.208; p.m. - 4326.208

FEE: Session 1 - \$176 Res., \$196 Non-res..

Session 2-4 \$194 Res., \$214 Non-res.

Extended hours 8am-10am, 4-6pm

Extended FEE: Session 1 - \$56 am OR pm EACH.

Session 2 - 4 - \$70 am OR pm EACH.

This camp is designed for kids ages 11-14 who have outgrown our Day Camp but who are looking for fun during the summer. Fun activities every day, and a major trip every session. Activities may include movies, barbecues, bowling, ice skating, miniature golf, pizza parties, shopping centers, video arcades and more. **A two week schedule will be provided on the first day of each session. Most field trip costs are included but participants should bring extra spending money if desired for food or souvenirs.**

**Trips will include transportation on CalTrain and SAMTRANS.**

**Rock Climbing Camp (5 Classes)**

AGE: 6-8 or 9-13 years

FEE: \$108 Residents, \$128 Non-residents

LOCATION: Belmont Planite Granite

INSTRUCTOR: Planet Granite staff

Like fish to water! Parents know what natural climbers kids are, so we offer a 5-session program which introduces them to this great sport. Classes are designed so participants climb with children of their own age. Planet Granite T-shirt is included. Parent must attend the first class with minor in order to sign release paperwork. Ratio - 5 youth to 1 instructor.

1125.201 - 6-8yrs M-F 10:30 - noon 7/7 - 7/11

1125.202 -6-8yrs M-F 10:30 - noon 8/11 - 8/15

1125.203- 9-13yrs M-F 12:30 - 2pm 7/7 - 7/11

1125.204- 9-13yrs M-F 12:30 - 2pm 8/11 - 8/15

**Register for all our classes through Parks & Recreation 1225 Ralston Ave, 595-7441**

## **\*\*Note New Location\*\***

LOCATION: Carlmont High School Court #7  
INSTRUCTOR: Stanford's Whitlinger Tennis Staff

FEE: \$46 Resident, \$56 Non-resident

## **Tennis classes (4 classes)**

Summer classes are 6 hours of instruction for classes of four to eight students.

Each student provides their own racket.

## **Adult Lessons (AGE: 15+)**

### **Novice:**

2256.201	Sat	9-10:30am	6/28 - 7/19
2256.202	Sat	9-10:30am	7/26 - 8/16

### **Low Intermediate:**

2257.201	Sat	10:30 - noon	6/18 - 7/19
2257.202	Sat	10:30 - noon	7/26 - 8/16

## **Youth Lessons (AGE: 9-14 years)**

### **Novice:**

1122.201	Sat	2 - 3:30pm	6/28 - 7/19
1122.202	Sat	2 - 3:30pm	7/26 - 8/16

### **Low Intermediate:**

1123.201	Sat	3:30 - 5pm	6/28 - 7/19
1123.202	Sat	3:30 - 5pm	7/26 - 8/16

## **Individual Tennis Lessons**

Work on your skills one on one with individualized lessons based on your needs, held at Alexander Park. All ages welcome, beginners to advanced. \$55 per hour-2257.203, \$150 for 3 one-hour lessons #2257.204. To arrange a lesson, please call Parks & Recreation at (650) 595-7441.

## **Tennis Rain/Cancellation Policy**

In case of rain, check with the instructor at the court. NO POSTPONEMENT ANNOUNCEMENT WILL BE GIVEN OVER THE PHONE. If at anytime the instructor is absent, report to the next scheduled lesson for makeup date. Unless notified otherwise, any makeup(s) will be held on the next available normal meeting day following the session. However, Sundays may be used at the instructor's discretion. Note: If the earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.

## **Terrific Tiny Tennis (4 classes)**

(AGE: 5-8 years)

Same location, and fees as above

Children five to eight years old play FUN activities and games that enhance their hand-eye coordination, motor skills, and knowledge of general tennis concepts. Lessons also provide a success-oriented social environment that may encourage children to continue in the lifetime sport of tennis. Groups of only 3-6 students.

0024.201	Sat	1:15 - 2:00pm	6/28 - 7/19
0024.202	Sat	1:15 - 2:00pm	7/26 - 8/16



## **TEEN DROP-IN PROGRAM**

To Middle school youth -Are you looking for fun like foosball, video games, pool, basketball, ping pong or just hanging out with friends? Come to Barrett Community Center, Room E (Blue Room) from Jun. 23-Aug 15 on Tues. and Thur. from 5-8pm. **FREE**

## **Summer In The Parks Playground Program 6-11 years old - FREE**

Summer fun begins with a "A Summer In The Park" drop in playground program. Kids will enjoy supervised activities on-site, including arts and crafts, sports, special events and game playing. Swim days and youth excursions will be available to participants who wish to pay. All participants must have a registration/medical release form on file in order to attend. You may pick up all forms when you bring your child to the program. **(No program 7/4)**

Hours of Playground Program: 1:00-4:00pm			
M,W,F	Barrett Community Center	6/23-8/15	
T,Th	Alexander Park	6/24-8/14	

**See our camps and swimming pages for more activities.**



## ADULT DROP-IN BASKETBALL

coming to Ralston Gym.

Information will be available in April for a new Drop-in program at Ralston Gym. Call George Brunson at (650) 595-7441 for more information on this program.



## SOFTBALL LEAGUES

### Men's, and Coed Softball leagues

Information will be available early April for leagues starting July 7th. Leagues will be: **Monday** - Men's C4; **Tuesday** - Coed; **Wednesday** - Industrial Coed; **Thursday** - Men's C3; **Friday** - Men's D League. Games will be 6:45pm, 7:45pm, and 8:45pm at the Belmont Sports Complex. Call us to have a packet mailed to you - (650)595-7441.

## Beginning Golf (5 Classes)

AGE: 14-over

FEE: \$64 Residents, \$76 Non-residents

LAB FEE: \$13 Green Fee for last class

LOCATION: Emerald Hills Golf Course - 366-4760

INSTRUCTOR: Emerald Hills Golf Pro

Learn and practice golf in a fun and easy way with positive results. The goal is to gain the confidence to play a short course and have the knowledge and feel of all swings. Classes meet weekly. Four one-hour golf classes and one nine-hole playing class. For those with little or no golf course experience. All equipment provided. First class held rain or shine. OTHER TIMES AND DAYS AVAILABLE. A \$13 green fee payable for the play class only. Call (650) 368-7820 for additional information.

2246.201	Th	9-10:00 am	5/8 - 6/5
2246.202	Th	5:30-6:30pm	5/8 - 6/5
2246.203	Sat	10:30-11:30am	5/10 - 6/7
2246.204	Th	9-10:00 am	6/12 - 7/10
2246.205	Th	5:30-6:30pm	6/12 - 7/10
2246.206	Sat	10:30-11:30am	6/14 - 7/12
2246.207	Th	9-10:00 am	7/24 - 8/21
2246.208	Th	5:30-6:30pm	7/24 - 8/21
2246.209	Sat	10:30-11:30am	7/26 - 8/23



## Swing Improvement (5 Classes)

Fees and location listed above

Learn how simple, fun and easy it can be to improve your game. A swing routine (swing ritual) is learned and repeated to aid the golfer whether practicing or playing. 4 one-hour group lessons, and one 9-hole playing class.

2247.201	Th	10:15 - 11:15 am	5/8 - 6/5
2247.202	Th	6:45 - 7:45 pm	5/8 - 6/5
2247.203	Sat	11:45am - 12:45pm	5/10 - 6/7
2247.204	Th	10:15 - 11:15 am	6/12 - 7/10
2247.205	Th	6:45 - 7:45 pm	6/12 - 7/10
2247.206	Sat	11:45am - 12:45pm	6/14 - 7/12
2247.207	Th	10:15 - 11:15 am	7/24 - 8/21
2247.208	Th	6:45 - 7:45 pm	7/24 - 8/21
2247.209	Sat	11:45am - 12:45pm	7/26 - 8/23

Register for all our classes through the Parks & Recreation 1225 Ralston Ave, 595-7441



# Adult Dance Classes

17

## Intermediate Continuing Line Dancing

AGE: 18-over  
DROP-IN FEE: \$7 per session  
LOCATION: Twin Pines Senior & Community Center  
INSTRUCTOR: John Bowen & Gina Mello

Not like it used to be! Dance to a variety of music – oldies, Latin, Country and other popular music. Tons of fun, great exercise and no partner required. Line dance experience required. (No class 5/26, 6/23, 7/21)

2200.201 M 6:30-8:30pm 5/12 - 8/25



## Hot Salsa for Beginners (4 Classes)

AGE: 16-over  
FEE: \$45 Residents, \$54 Non-residents  
LOCATION: Barrett Community Center, Multi-use Room  
INSTRUCTOR: Vera Quijano and Partner

Get in step with the latest dance craze and lose yourself in the hot, salsa beat. This class is for men and women who want to learn to dance in a fun, stress-free environment. No dance experience necessary! Singles and couples welcome!

2209.201 Th 7:00 - 8:00pm 6/5 - 6/26  
2209.202 Th 7:00 - 8:00pm 7/10 - 7/31



## Intermediate Hot Salsa (4 Classes)

AGE: 16-over  
FEE: \$45 Residents, \$54 Non-residents  
LOCATION: Barrett Community Center, Multi-use Room  
INSTRUCTOR: Vera Quijano and Partner

A continuation of Hot Salsa Dance, learn more complex dance patterns and turns in a fun environment with upbeat experience instructors. Get ready to learn some hot new moves, and 'strut your stuff' on a Salsa Field trip after the last day.

2209.203 Th 8:00-9:00pm 6/5 - 6/26  
2209.204 Th 8:00 - 9:00pm 7/10 - 7/31

## Social Dance Survival (2 Classes)

AGE: 16-over  
FEE: \$24 Residents, \$29 Non-residents  
LOCATION: Barrett Community Center, Multi-use Room  
INSTRUCTOR: Lisa King

Got a wedding or a gathering where there'll be dancing? This is to help you feel confident and at ease dancing to any tempo, for those with little or no partner dance experience! Learn slow dancing to today's Top 40 ballads, ending with a sexy dip! In just two hours, you'll be dancing to slow and fast music. Give it a try!

2213.208 W 6:45 - 7:45pm 5/7 - 5/14  
2213.209 W 6:45 - 7:45pm 6/4 - 6/11  
2213.210 W 6:45 - 7:45pm 8/6 - 8/13



## Swing & Jitterbug (4 Classes)

AGE: 18-over  
FEE: \$39 Residents, \$46 Non-residents  
LOCATION: Barrett Community Center, Multi-Use Room  
INSTRUCTOR: Lisa King

Now sometimes called the East Coast Swing, or Jitterbug. Dance to swing, big band, 50's/Motown, rockabilly, and cajun music. No dance experience or partner is necessary.

2213.201 W 7:45-8:45pm 5/14 - 6/4  
2213.202 W 7:45-8:45pm 8/6 - 8/27

## Salsa (4 Classes)

AGE: 16-over  
FEE: \$39 Residents, \$46 Non-residents  
LOCATION: Barrett Community Center, Multi-use Room  
INSTRUCTOR: Lisa King

Explode onto the dance floor to the beat of red-hot music from south of the border! Latin dances will sharpen your sense of rhythm, timing, and muscular control. We'll also touch on cumbia, meringue and cha-cha. Wear comfortable, hard-soled shoes. No dance experience or partner necessary.

2213.204 W 8:45-9:45pm 5/14 - 6/4  
2213.205 W 8:45-9:45pm 8/6 - 8/27

Check our website- [www.belmont.gov](http://www.belmont.gov) for updated information.

### Beginning Middle Eastern Dance (8 Weeks)

AGE: 16-over

FEE: \$70 Residents, \$84 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Nadia Behbehani

Join us in the fun of belly dance. This class will be flirtatious and put a twinkle in your eye (and his). You will learn the basics of belly dance, and the beauty of the veil dance. It is designed to create grace in movement and condition muscles, and will increase feminine confidence. A bonus is getting rid of the holiday weight; we will flatten stomachs, tone and trim while dancing. You'll learn how to isolate muscle groups, arm/hand movements, and stomach control to create a beginning-level dance. A full skirt or loose pants should be worn to the 1st class. Costume info will be available in class.

2206.201	T	7-8pm	5/13 - 7/1
2206.202	T	7-8pm	7/8 - 8/26

### Intermediate Middle Eastern Dance (8 Weeks)

AGE: 16-over

FEE: \$70 Residents, \$84 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Nadia Behbehani

Prerequisite: Beginning Belly Dance II or prior training. You will learn variations of combinations and all basics necessary to feel like a beautiful dancer with new steps and attitude. An emphasis will be on turns, twirling, hip work, arms/hands and transitions. You'll learn shimmies, undulations, posture and poise, blending all these in a cabaret routine. Belly dance skirts and coin fringed belts are recommended.

2206.203	T	6-7:00pm	5/13 - 7/1
2206.204	T	6-7:00pm	7/8 - 8/26



### Beginning Tap Dance (6 Classes)

AGE: 13-over

FEE: \$33 Residents, \$40 Non-residents

LOCATION: Barrett Community Center, Multi-Use Room

INSTRUCTOR: Chrissy Holmes

Tap your blues away! Tap is back! Find out how fun and easy it is to learn. If you can walk, you can tap. The basic steps will be taught followed by a dance routine. Wear comfortable clothes. Tap shoes are required after first class.

2203.201	T	6:00-7:00pm	5/13 - 6/17
2203.202	T	6:00-7:00pm	6/24 - 7/29

### Intermediate Tap Dance - Room A

Tap your blues away! Intermediate Tap is for those students with prior tap class experience. This class is a continuation of the Beginning Class.

2204.201	T	7:00-8:00pm	5/13 - 6/17
2204.202	T	7:00-8:00pm	6/24 - 7/29

**Special Needs** - Our tap instructor is seeking special needs children for a new tap/movement class, one or two students to a class-call us to get on an interest list!



### American Tribal Style Belly Dance (7 Classes)

AGE: 16-over

FEE: \$50 Residents, \$60 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Antonia Vann (Tamikkah)

In this class, we will review previous material as well as new steps, new choreography, gypsy couples and improvisational dancing. Veils will be discussed and will be needed at some point. Beginner as well as Intermediate students welcome. A full skirt with elastic waist or sweat pants with sports bra are recommended wear. Prerequisite: knowledge and ability to perform basic beginner belly dance steps.

2207.201	Th	6-7pm	5/15 - 6/26
2207.202	Th	6-7pm	7/10 - 8/21

## Hapkido (4 Weeks)

AGE: 13 + years

FEE: \$85 Residents, \$95 Non-residents

LOCATION: Bay Area Hapkido, 617 Mt View Ave, Suite 8, Belmont

INSTRUCTOR: Mike Agoff

Hapkido is the complete martial art consisting of kicks, punches, throws, joint locks, pressure point techniques, ground defense and more. Hapkido uses the best, most effective techniques from the other Martial Arts refining them into a fluid form of its own. Students will learn self-defense while improving coordination, flexibility, and strength; self confidence, discipline and concentration. Students may train up to 3 days per week.

2238.104	M W F	7:45 - 8:30pm	4/7 - 4/28
2238.201	M W F	7:45 - 8:30pm	5/5 - 5/30
2238.202	M W F	7:45 - 8:30pm	6/2 - 6/27

## Beginning & Intermediate Tai Chi Chuan (8 Classes)



AGE: 18-over

FEE: \$73 Residents, \$87 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Elliotte Mao & Chi-Ping Peng

Tai Chi Chuan is an ancient oriental exercise that has reached enormous popularity due to its gentle, but powerful ways to build a healthier body, and a sharper mind. Through a sequence of graceful and thoughtfully choreographed moves, this unique father/daughter teaching team will show you how to bring coordination, balance, stress-reduction, calmness and many other benefits to your life. Wear loose, comfortable clothing.

2233.201- Beg.	Th	7:00-7:45pm	5/8 - 6/26
2233.202-Inter.	Th	7:45 - 8:30pm	5/8 - 6/26
2233.203- Beg.	Th	7:00-7:45pm	7/10 - 8/28
2233.204-Inter.	Th	7:45 - 8:30pm	7/10 - 8/28

## Jazzercise

AGE: All Ages!

FEE: \$65 for six weeks, EZ Fitness Ticket; \$36 per month Other tickets also available.

LOCATION: Barrett Community Center, Multi-Use Room

INSTRUCTOR: Tami McCann

A fun way to exercise for all ages and fitness levels. Every class features energetic dance routines with choreography to build a better body. Jazzercise makes exercise FUN! A great way to make friends. You may start anytime! REGISTRATIONS ARE TAKEN AT CLASS!\*\*\*ONGOING.

Monday and Wednesday, 9:00-10:00am,  
Fridays 8:30-9:30am.

## Introduction to Karate & Kung Fu (5 Classes)

AGE: 18-over

FEE: \$120 Residents, \$140 Non-residents

Fee includes uniform and manual

LOCATION: United Studios of Self Defense, 2043 Ralston Ave., Belmont (Carlmont Shopping Center)

INSTRUCTOR: USSD Staff

Adults will develop good self-defense skills, greater confidence, better physical condition, sharper mental discipline ability, plus have fun and feel better in this 5-week basic self-defense course. Students desiring to continue their training may register at Studio.

2358.201	M	6:30-7:15pm	4/28 - 6/2
2358.202	M	6:30-7:15pm	6/9 - 7/7
2358.203	M	6:30-7:15pm	7/14 - 8/11
2358.204	T	6:30-7:15pm	4/29 - 6/3
2358.205	T	6:30-7:15pm	6/10 - 7/8
2358.206	T	6:30-7:15pm	7/15 - 8/12

Ask us about Wednesday, and Thursday classes available starting these weeks at these times.

## Cardio Kickboxing Aerobics (6 Classes)

AGE: 18-over

FEE: \$60 Residents, \$76 Non-residents

Fee includes uniform and manual

LOCATION: United Studios of Self Defense, 2043 Ralston Ave., Belmont (Carlmont Shopping Center)

INSTRUCTOR: USSD Staff

Get in shape with our short course. Great for the beginner or athlete who needs a challenging workout. Please wear comfortable clothing.

2259.201	M	10-10:45am	4/28 - 6/2
2259.202	M	10-10:45am	6/9 - 7/7
2259.203	M	10-10:45am	7/14 - 8/11
2259.204	M	8:15-9:00pm	4/28 - 6/2
2259.205	M	8:15-9:00pm	6/9 - 7/7
2259.206	M	8:15-9:00pm	7/14 - 8/11
2259.207	T	8:15-9:00pm	4/29 - 6/3
2259.208	T	8:15-9:00pm	6/10-7/8
2259.209	T	8:15-9:00pm	7/15 - 8/12
2259.210	W	10-10:45am	4/30 - 6/4
2259.211	W	10-10:45am	6/11 - 7/9
2259.212	W	10-10:45am	7/16 - 8/13
2259.213	Th	8:15-9:00pm	5/1 - 6/5
2259.214	Th	8:15-9:00pm	6/12 - 7/10
2259.215	Th	8:15-9:00pm	7/17 - 8/14

**Pilates-Based Mat Class (6 Classes)**

AGE: 18-over

FEE: \$66 Residents, \$80 Non-residents

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Joann Lindsey

This class is based on the original teachings of Pilates. Each of the 25-30 exercises experienced in this class will have a prescribed placement, rhythm and breathing pattern that emphasizes strengthening the "core", the deep abdominal and back muscles. Movements originate from the core outward making these unique and beneficial workout for overall body toning and strengthening. Elastic therabands are provided to assist with flexibility, strength, and control. The instructor, Joann Lindsey, is a certified Pilates Trainer with over 20 years experience as a fitness professional. The class is fun with controlled exercises that are suited for most adult age groups and fitness levels. Please bring floor mat, towel and water bottle.

(no class on 5/26)

2216.201	M	6:00-7:00pm	5/12 - 6/23
2216.202	M	6:00-7:00pm	7/7 - 8/11

**Total Body Conditioning (6 Classes)****Using resistance with weights/bands**

AGE: 18-over

FEE: \$48 Residents, \$58 Non-residents

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Joann Lindsey, certified trainer, 20 yrs teaching group fitness.

The focus is to develop upper and lower body strength using hand-held weights and elastic bands; also, an extensive abdominal segment that will target the difficult mid-section. The class incorporates a low cardiovascular section that consist of controlled movements using weights that will elevate the heart rate and burn calories! Bring your own 3 or 5 pound weights to class, bands will be provided. Bring water. (No class on 5/22)

2216.203	Th	6:00 - 7:00pm	5/1 - 6/12
2216.204	Th	6:00 - 7:00pm	6/26 - 7/31

**Beginning Fencing (4 or 6 Classes)**

AGE: 13 + years

LAB FEE: \$10 for equipment

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Eric Dew, competitive fencer, instructor, nationally rated fencing official.

Beginning class will emphasize fitness and flexibility in the process of introducing fencing. All students will use equipment and compete in friendly sparring with goals being fitness, overall understanding of the sport and preparation for local competition if desired. Instructor will provide weapon, jacket, mask, glove.

6 classes - \$72 Res., \$86 Non-res.

2239.103	W	7-8pm	4/23 - 5/28
----------	---	-------	-------------

4 classes - \$53 Res., \$63 Non-res.

2239.201	W	7-8pm	6/4 - 6/25
2239.202	W	7-8pm	8/6 - 8/27

**Mountain Bike Extreme Coaching**

AGE: 18-over

FEE: \$150 Res. \$170 Non-res. (includes lunch)

LOCATION: Twin Pines Cottage on Friday, trail on Sat. or Sun.

INSTRUCTOR: Breakaway Mountain Bike Clinics

Increase your skills and confidence by working with a coach. Each clinic includes in-studio class on Friday to go over some riding techniques (video/lecture), then hit the trails for instruction/coaching and lunch on Saturday for Beginners level, or Sunday for Intermediate/Advanced. **Beginner class** covers wheelies, bunny hops, breathing, peddling efficiency, cornering (high speed/technical), ascending, descending and crossing challenging terrain. **Intermediate/Advanced** class covers drop-offs, bunny hops, wheelies, track stands, balance (log crossing), jumping, cornering and more.

We recommend you bring your own bike, but we can hook you up with the latest product with front or rear suspension. Extra fee for our equipment.

2251.201	Fri. - All Levels	6-8pm	5/2-5/4
	Sat - Beg/Int. or Sun - Int/Adv.	9am-4pm	
2251.202	Fri. - All Levels	6-8pm	6/13 - 6/15
	Sat - Beg/Int. or Sun - Int/Adv.	9am-4pm	
2251.203	Fri. - All Levels	6-8pm	8/15 - 8/17
	Sat - Beg/Int. or Sun - Int/Adv.	9am-4pm	
2251.204	Fri. - All Levels	6-8pm	9/26 - 9/28
	Sat - Beg/Int. or Sun - Int/Adv.	9am-4pm	



## Home Buying: Smart, Savvy & Successful (3 Classes)

AGE: 18-over

FEE: \$55 Residents, \$66 Non-residents

LOCATION: San Carlos Senior Center, 601 Chestnut St.

OPTIONAL WORKBOOK: \$15

INSTRUCTOR: Raymond Stoklosa

Volatile market forces are at work, which demand a more savvy approach to home buying. Learn success strategies and tactics that give you a competitive advantage over other less informed buyers. Let us show you how to spend less time, save more, invest wisely and avoid the ever-present pitfalls that can crash your purchase. Capitalize on the expertise and insights presented, and use today's market forces in your favor...not the seller's. Use your power, the knowledge you'll gain here by learning insider secrets.

2289.201 T 7:00-9:00pm 6/24 - 7/8

## Home Loans Don't Have To Be A Hassle (1 Class)

AGE: 18-over

FEE: \$21 Residents, \$25 Non-residents

LOCATION: Twin Pines Cottage

INSTRUCTOR: Rich Polonsky

**A MUST FOR FIRST TIME HOME BUYERS!** This course gives you the tools you need to understand the home loan process, a detailed evaluation of different financing options and loan products with respect to purchases and refinances, and insight into the industry's lingo and terminology so you can make the right choice with respect to the biggest financial decision you will probably ever make! Knowledge is power!

2277.201 Th 7:30-9:30pm April 24

2277.202 Th 7:30-9:30pm June 12

## Introduction to Rock Climbing (1 Class)

AGE: 14 yrs & up-If under 18, parent must attend with minor to sign release paperwork.

FEE: \$54 Res., \$64 Non-res.

LOCATION: Belmont Planet Granite

INSTRUCTOR: Planet Granite staff

Try one of today's most exciting, challenging and rewarding sports! Learn the basics of rock climbing and rope technique in a one hour introductory class, then spend the day climbing the walls! Fee includes a day pass and rental for a return visit. Good even for one person; there's a listing of people in the gym to climb with!

2225.201 Sat 7:30-8:30pm July 19

2225.202 Sat 7:30-8:30pm August 16

## Truffles For Gift Giving (1 Class)

AGE: 14-over

FEE: \$29 Residents, \$34 Non-residents

LAB FEE: \$7 payable to instructor at class

LOCATION: Twin Pines Park Cottage

INSTRUCTOR: Roberta Thorne

Treat your loved ones to some delicious chocolate truffles for birthdays or surprise your co-workers with a handmade delight. Learn to make elegant chocolate truffles and take some home with gift-giving suggestions. You will receive information on working with chocolates, make truffles using molds, roll ganache (the heart of truffles) in a multitude of coatings. You will also get great presentation and gift-giving suggestions. Be sure to bring an apron to class!

2310.201 W 6:30pm-8:30pm June 4

## Fun Part Time Jobs (1 Class)

AGE: 18-over

FEE: \$28 Residents, \$33 Non-residents

LOCATION: Burton Park, 1017 Cedar St,

San Carlos, 802-4382

INSTRUCTOR: Dan Tilles

How would you like to get paid to sample food, for your opinions, to dine out, to shop, to go bowling, to work-out in a gym, to be in a movie or on T.V. and much more? No age limit, no education or experience required. We will tell you who hires, how to apply, what they pay and everything you need to know to make money having fun.

2283.201 T 7:00-9:30pm May 20

## Choosing Child Care (1 Class)

AGE: Adult

FEE: \$13 Residents, \$18 Non-Residents

LOCATION: Child Care Coordinating Council, 2121 S. El

Camino Real, Suite A-100, San Mateo 655-6770x226

INSTRUCTOR: Staff

With this most critical decision, most people need help! We'll discuss type of child care best for your family, what the environment should look like, helping your child adjust, cost, what you need to know about choosing a caregiver and your rights and responsibilities. Bring questions!

2292.201 Th 7-9:00pm April 24

2292.202 Th 7-9:00pm August 21

## Beginning Dog Obedience Training (7 Classes)

AGE: 18-over, Or with Instructor approval of child,

Dogs age 6 months or older.

FEE: \$80 Residents, \$96 Non-res. (includes clicker)

LOCATION: Twin Pines Park Meadow

INSTRUCTOR: Reena S. Walton, CPDT

Please bring proof of vaccinations to first class. FIRST CLASS IS AN ORIENTATION WITHOUT THE DOGS PRESENT for Beg. & Inter. classes.

All dogs must have current vaccinations, DHLPP and Rabies to participate. Lessons will include the exercises-sit, down, walk on loose leash, come when called, stand, off, and wait.

Positive reinforcement methods are used with food and the Clicker. Clicker training is used to train service dogs and is a proven safe, gentle, hands off method of training. Problem solving discussions will be held on the subjects of pack leadership, barking, digging, biting, jumping up, housebreaking, chewing and more.

Dogs should be brought to class hungry, **do not feed dinner prior to class on Tuesday evenings.** Dogs must have a 6-foot leather or cotton leash, and a buckle collar, lead harness or metal training collar. (Please, no chain leashes)

2299.201	T	6:00-7:00 pm	5/6 - 6/17
2299.202	T	6:00-7:00 pm	7/8 - 8/19

## Intermediate Dog Obedience Training (7 Classes)



Prerequisite: Completed Beginning and know the basic commands & familiar with Clicker training. This class will continue basic commands and introduce distraction training and hand signals, and long line/off leash training.

**Handlers should bring a large amount of dog treats to classes.** Please bring your dog hungry to class-don't feed prior. Dogs must have a flat collar, head halter, chain collar and a 6ft leather or cotton web leash and long line 10-20 feet long. (No chain leashes, please).

2299.203	T	7:00-8:00 pm	5/6 - 6/17
2299.204	T	7:00-8:00 pm	7/8 - 8/19

## Dog Tricks & Fun (2 Classes)



FEE: \$25 Residents, \$29 Non-residents

Class will focus on teaching fun tricks and learning fun activities with your dog. Tricks to include: Shake hands, wave, speak, spin around or chase your tail and more. Fun activities will include jumping hurdles, going through tunnels, bobbing for hot dogs and more games. Prerequisite: Dog must have completed basic training and be under control of handler and be non-aggressive toward other dogs or people. Bring a 6 foot leash and flat collar, lots of treats for positive reinforcement with food method.

2299.205	W	6:30-7:30pm	6/18 & 6/25
2299.206	W	6:30-7:30pm	8/20 & 8/27

For more info on these classes  
email: bairisland@earthlink.net



## Basic Rowing for Adults (1 Class)

AGE: 18-over

FEE: \$50 Residents, \$60 Non-residents

LOCATION: Bair Island Aquatic Center, 1450 Maple St. RC

INSTRUCTOR: BIAC staff

Join us for this introduction to sweep rowing, one of fastest growing sports in the country. You'll learn to row an 8-man shell and a rowing ergometere. Be part of a crew, or learn to row on your own. Each class covers different basics.

2241.201	Novice Level I	Sat	9am - 1pm	Jun. 7
2241.202	Novice Level II	Sat	9am - 1pm	Jul. 12
2241.203	Novice Level III	Sat	9am - 1pm	Aug. 2

## Basic Sculling for Adults (1 Class)



AGE: 18-over

FEE: \$20 Residents, \$24 Non-residents

LOCATION: Bair Island Aquatic Center, 1450 Maple St. RC

INSTRUCTOR: BIAC staff

Join us for this introduction to one man sculls at Bair Island Aquatic Center, Redwood City. Wear snug sports clothes and tennis shoes.

2241.204	M	6-7:30pm	June 9
2241.205	M	6-7:30pm	July 7
2241.206	M	6-7:30pm	Aug. 4
2241.207	W	6-7:30pm	June 18
2241.208	W	6-7:30pm	July 16
2241.209	W	6-7:30pm	Aug. 13

## Intro to Hawaiian Outrigger Paddling. (1 Class)



AGE: 18-over

FEE: \$20 Residents, \$24 Non-residents

LOCATION: Bair Island Aquatic Center, 1450 Maple St. RC

INSTRUCTOR: BIAC staff

Come get a chance to paddle a 6-man outrigger canoe, paddling techniques will be taught. Experience this Bay Area popular team sport.

2241.210	Sat	9am - 11am	May 10
2241.211	Sat	9am - 11am	June 14
2241.212	Sat	9am - 11am	July 19

## USPS\* Boat Smart (4 Classes)



AGE: 18-over

FEE: \$15 Residents, \$18 Non-residents

LAB FEE: \$20 payable to instructor for textbook

LOCATION: Twin Pines Park Lodge

INSTRUCTOR: Norm Pennington

Get ready for summer with this safe boating course which meets State and Federal requirements. Learn about boat handling and seamanship, necessary equipment, 'rules of the road', lines and knots, charts and aids to navigation. You'll also learn some engine troubleshooting and boat trailering.

\*USPS is the largest boating non-profit in the world.

2310.201	T	7-9pm	5/6 - 5/27
----------	---	-------	------------

## Hatha Yoga (10 Classes)

AGE: 16-over

FEE: \$77 Residents, \$93 Non-residents

LOCATION: Twin Pines Lodge #1

INSTRUCTOR: Cheryl Cooper

Yoga is the exercise for everyone regardless of age or physical ability. The class is designed to help release tension, stress, and untie those knots with special emphasis placed on relaxation through breath control. Expect to firm and strengthen your body and improve contours. Bring a mat and wear comfortable clothing.

2242.202	M	7:00-8:25pm	6/23 - 8/25
2242.203	T	7:00-8:25pm	6/24 - 8/26
2242.204	W	7:00-8:25pm	6/25 - 8/27
2242.205	Th	7:00-8:25pm	6/26 - 8/28

## Wake Up with Yoga (10 Classes)

AGE: 16-over

FEE: \$77 Residents, \$93 Non-residents

LOCATION: Fri: Twin Pines Lodge

Sat: Barrett Community Center, Room D

INSTRUCTOR: Cheryl Cooper

Yoga breathing, yoga stretches and yoga postures are still the main emphasis of this class but with something new! Class will include light hand weights used for a portion of the class done slowly and thoughtfully to gain upper body strength and help to ward off osteoporosis in later life.

2242.206	F	10:00-11:30am	6/27 - 8/29
2242.207	Sat	9:30-11:00am	6/28 - 8/30

## Feng Shui - Creating a Harmonious Environment, Part I (1 Class)

AGE: 18-over

FEE: \$30 Resident, \$36 Non-resident

LAB FEE: 50¢ payable to instructor at class

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Lynda Mathe

At your home or at your business, are you comfortable? Is your environment a source of well-being and renewed energy? Learn how to transform your surroundings using the wisdom of Feng Shui. Feng Shui is now considered an essential part of successful home and business management. Practical and pragmatic, Feng Shui is a system that balances and enhances your surroundings through placement of art color, furniture and other elements. Bring a notebook, pen and a floor plan of your house, apartment, or business.

2237.206	W	7:30-9:30pm	June 25
----------	---	-------------	---------

## Alternative Health Care (1 Class)

AGE: 18-over

FEE: \$30 Residents, \$36 Non-residents

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Dr. Abusaidi, D.C. - Director of San Mateo Chiropractic Clinic; Dr. Younger, D.C. - Director of Redwood City Chiropractic Clinic; both are members of Doctors' Speakers Bureau.



Join us as we have roundtable discussions personalized to you regarding common chronic pain and ways to detect, prevent and treat your most annoying ailments. Natural methods to alleviate pain and promote a healthy body for you and your family are the basis of our discussions. LIMITED to 5 active participants.

### Feet, Knees, Orthotics and Shoes

This time together will help you detect, prevent and treat most biomechanical changes to the feet. How orthotics can support your feet and prevent low back pain; how to select shoes that support your feet. Take home a foot manual and exercises for foot rehabilitation.

2274.201 W 7-9pm May 7

### Low Back, Sciatica, Hip and Tailbone Pain

We'll discover how tailbone injuries can complicate low back pain, and how to select the proper chair for you. Take home a manual and exercises for low back stretching and strengthening.

2274.202 W 7-9pm June 4

### Headache, Neck and Shoulder Pain

Find out how to prevent neck pain and headaches, and learn how to select a pillow to support your neck. Take home a manual and exercises for neck strengthening.

2274.203 W 7-9pm July 9

### Open Forum Health Topic

Bring your health related questions to a discussion that is personalized to your interests, such as: understanding Carpal Tunnel, Fibromyalgia, and Plantar Fasciitis. We'll talk about natural solutions that detect and prevent most common causes of these and others.

2274.204 Th 7-9pm August 7

Thank you Drs. Abusaidi and Younger for donating proceeds of this class to Belmont Parks & Recreation.

## Pre-Natal Yoga Class (10 Classes)

AGE: 16-over

FEE: \$75 Residents, \$90 Non-residents

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Vanessa Hajje



As your body changes and new life grows within you, this yoga will help to lessen aches and pains and relieve tension by training your body to relax. This is appropriate for all stages of pregnancy, designed specifically for pregnant women. This is a wonderful way to keep your body in peak shape as you move closer to labor.

2244.201	T	6:30-8:00pm	4/29 - 7/1
----------	---	-------------	------------



### Piano Instantly for People with No Spare Time (1 Class)

AGE: 18-over

FEE: \$49 Res., \$58 Non-res.; \$75 for both workshops

LAB FEE: \$25 per student, includes study book and 60 minute cassette

LOCATION: Foster City Community Center,  
650 Shell Blvd., Foster City

INSTRUCTOR: Todd Walker

Discover why thousands of students from total beginners to those with years of lessons have learned to play the piano in just one day. Traditional instructors teach endless exercises and note reading but professionals who play contemporary music use chords. In this workshop you will learn 72 chords, 156 hand positions and how to read music from a lead sheet and fake books. You will learn how to play any popular song in any key and the tools of the trade that will make you sound like a pro. Then you will be able to master your technique by using an exclusive audio cassette and study book. This class also prepares you for taking the other "Piano Magic" workshops. If you can read the notes C, D, E, F, G, A, B you already know enough to enroll. If not, send a SASE to Piano Magic, P.O. Box 4306, Valley Village, CA 91617 for a free pamphlet.

2272.201 T 7:00-10:00pm August 19



### Learn To Play Music By Ear (1 Class)

AGE: 18-over

FEE: \$49 Residents, \$58 Non-residents; both workshops for \$75.

LAB FEE: \$25 per student, for study book and cassette, payable to instructor at first class.

LOCATION: Foster City Comm. Center, 650 Shell Blvd.  
INSTRUCTOR: Todd Walker

Most people believe you have to be born with a special gift in order to play music by ear. If you can play "Mary had a Little Lamb" you're ready to take this class. Figuring the melody is the easy part. The secret to playing music by ear is knowing what chords go along with it. You will learn how to hear and know the correct chord changes, how to use bass lines, how to transpose, and Circle of Fourth's and Fifth's. You'll be memorizing tunes as you learn them, from simple folk tunes to difficult standard songs. You should have basic knowledge of chords or take the "Piano Instantly" class first.

2272.202 W 7:00-10:00pm August 20

### Beginning & Intermediate Guitar (6 Classes)- Note new times

AGE: 12-over

FEE: \$56 Residents, \$67 Non-residents

LOCATION: Cottage

INSTRUCTOR: Tom Romero



Come to the beginning class to learn to read music, learn chords and how to play on your own. Then advance to the intermediate class to learn the songs you want to learn. This class will also be sort of a discussion group with performance tips to improve your playing.

Beginning:

2271.201	T	7-8pm	5/6 - 6/10
2271.202	T	7-8pm	6/17 - 7/29

Intermediate:

2271.203	T	8-9pm	5/6 - 6/10
2271.204	T	8-9pm	6/17 - 7/29

### Beginning Ikebana Japanese Flower Arranging(6 Classes)



AGE: 16 -over

FEE: ~~\$75~~ /\$90-5/7 class, \$86/\$103-7/9 class, Res/Non-res.

LAB FEE: \$25 for 5/7 - 6/4; \$30, 7/9 - 8/13 payable to instructor - includes all floral materials and handouts.

Materials list at Rec. office.

LOCATION: Twin Pines Cottage

INSTRUCTOR: Nancy Locke, Sanyo degree

This could be the most restful hour of your week. You will be introduced to the basic design principles of Ikebana and choosing good material combinations, as well as learning techniques of cutting, trimming and inserting materials into a *kenzan* (pin frog). Create your own arrangements each week, with instruction and help on design and technique. Each class builds on the previous one; come catch the passion! Continuing students welcome, new material will be covered.

2255.202	W	1-3:30pm (5 classe s)	5/7 - 6/4
2255.201	W	1-3:30pm (6 classes)	7/9 - 8/13

### Italian Language (10 Classes)

AGE: 16-over

FEE: \$115 Residents, \$138 Non-residents

LOCATION: Foster City Recreation Department, Gull Room,  
650 Shell Blvd., 286-3380

INSTRUCTOR: Majid Attisha

Learn the grammar and vocabulary of Italian with emphasis on conversation. It comprises a full introduction to modern Italian with all grammatical essentials of spoken Italian. Each unit consists of grammar, vocabulary, reading pages, exercises in class, homework and a dialogue. Handouts will be given in class.

Beginning:

2294.201	Sat	10:00am-12:00noon	6/14 - 8/16
----------	-----	-------------------	-------------

Continuing: Prerequisite Beginning Italian 1 or good knowledge of reading, writing and basic grammar.

2294.202	M	7:00-9:00pm	6/16 - 8/18
----------	---	-------------	-------------



# Adult Enrichment

# 25

NEW

## Hands-On Beginners' Computer Class-Windows/Excel/Word (3 Classes)

AGE: 14-over

FEE: \$80 Residents, \$96 Non-residents

LAB FEE: \$30 payable to instructor at the first class

LOCATION: Barrett Community Center Room C

INSTRUCTOR: Lynn Heller, E-Z Comp Computer

Need to find the on-off switch? Need a start on computer skills? Need to get over computer fear? This hands-on class at a computer with another student will guarantee your success! We will start by explaining about the on-off switches, then we will introduce you to MICROSOFT WINDOWS 95/98/ME. We will use MICROSOFT WORD FOR WINDOWS to teach you about word processing. We will introduce a financial spreadsheet program called MICROSOFT EXCEL FOR WINDOWS and with it show you how to set up a budget. No matter what kind of computer you have, this class is for you. Bring your computer questions to class.

2297.201 M 6:30 -9:30pm 5/5 - 5/19

## CPR & First Aid (2 Classes)

AGE: 13-over

FEE: \$44 Residents, \$53 Non-residents

LOCATION: South County Fire Station #13, 525 Laurel St., San Carlos

INSTRUCTOR: South County Fire Authority Staff

In the first half of the course, learn the theory of CPR (Cardio-Pulmonary Resuscitation) and the Manipulative skills to apply CPR to infants, children and adults. Basic First Aid is covered in the second part of class. Learn how to assess a patient and apply proper treatment. Learn the skills needed to control bleeding, treat fractures, move an injured patient and treat burns, eye injuries, seizures and strokes. Course Completion Cards are awarded upon successful completion of a manipulative test. This course meets guidelines set forth by the Journal of the American Assn. and meets requirements established by OSHA for the training designed for first aid providers. The course DOES NOT meet the CPR requirement for Health Care Providers.

2261.103 T 6-10:00pm 4/15 & 4/22  
2261.201 M 6-10:00pm 6/2 & 6/9

## Intro to Digital Imaging (1 Class)

AGE: 18-adult

FEE: \$25 Residents, \$30 Non-residents

LOCATION: PhotoWall Designs, 1001 1/2 Alameda, Belmont, Carlmont Shopping Center

INSTRUCTOR: Joe McDonough

Get over your fears, learn more techniques, start now with your digital images. We'll show you how to take a good digital image, printing options, and how to use Photoshop and on-line services. Learn which digital camera is right for you, how to get prints, the difference between digital quality and film quality. Also, we'll cover how to share photos via email and much more!

2254.201	W	7:30-9pm	May 7
2254.202	W	7:30-9pm	June 4
2254.203	W	7:30-9pm	July 9
2254.204	W	7:30-9pm	August 6

We will be offering additional First Aid and CPR classes which are not finalized at this time. Please call us with your interests and to find out our new offerings.

NEW

## Photos with a Difference (2 Classes)

AGE: 14-adult

FEE: \$98 Residents, \$ 117 Non-residents (includes film)

LOCATION: Twin Pines Lodge, Belmont

INSTRUCTOR: Christopher O'Donnell

I have coached beginning photographers for over 15 years! I still love to help "snapshooters" produce better pictures, because I believe that photography is an absolute pleasure. I will show you short cuts with simple suggestions to improve your images without a lot of technical boredom. For more info, phone me at Kaufmann's Camera (650) 574-3429. Bring any 35mm camera, and I'll provide film for a challenging project between the Saturdays. I wish you good shooting!

2253.201 Sat 9:30am - 12:30pm 7/12 & 19

Register for these and all classes at Parks & Recreation, 1225 Ralston Ave, Belmont



**Twin Pines Senior and Community Center**  
**1223 Ralston Avenue, Belmont**  
**(650)595-7444**



This section of our brochure lists programs and activities designed for adults aged 55 and over. The Twin Pines Senior and Community Center, located in beautifully wooded Twin Pines Park provides a variety of programs and services to the community. There is no membership fee and all are welcome.

Join us! If there are additional events you would like to see offered, we would love to hear from you! We want to see you **INVOLVED** and **HAVING FUN!** Please call the program director with your ideas, 595-7444.

### **Center Staff**

Cheri Handley, Recreation Supervisor  
Pietie Vreman, Recreation Coordinator  
Annie Troyan, Recreation Coordinator  
Joan Provence, Information & Referral  
Joe Matkovich & Charles Freeman, Transportation  
Hellen Tourtillott, Nutrition

### **Senior Citizens Advisory Committee**

Jeanette Agresti	Dave Bauer
Frank Black	Rich Bortoli
Rose Davenport	Cheri Handley
Mike Kenny	Lu Krueger
Roy Mills	Dennis Pettinelli

## **Twin Pines Senior & Community Center**

### **OUR MISSION**

**To provide an inviting environment for senior citizens,  
enhance the quality of their lives, and serve as an integral  
part of the Belmont Community.**



## **Senior Tales Newsletter**

The Twin Pines Senior and Community Center publishes a monthly Senior Tales Newsletter that lists the most up-to-date information on what's happening at our center. Pick up a copy of the Senior Tales, you are sure to find something fun to do that appeals to you!

## Back to the Center Night Wednesday, September 3rd, 2003

5:00-7:00pm

Spaghetti Dinner - Entertainment - Speakers

This event is **FREE** - Seating is limited. Call (650) 595-7444.

## History of Aviation

Bob Michael of the Hiller Aviation Museum will give an informative talk on the history of aviation with an emphasis on the SF Bay Area.

**JUNE 4th - 10:00am**

(650) 595-7444 to register. **FREE**

## SUMMER FILM SERIES

Sit back, relax, and enjoy our Summer Film series. Films will be shown each Monday at 12:00noon. Reservations are not needed.

Featured topics:

JUNE - Ancient Civilizations

JULY - Biographies of Famous People

AUGUST - Travel to Various Countries

## Newcomers Coffee

A Newcomers coffee will be held on Wednesday, May 28th at 10:00am. Information on the services, classes, clubs and special events offered at the Twin Pines Senior and Community Center will be available. Call (650) 595-7444 for reservations.

**FREE**

## Variety Show

The P.S. Performers, an award winning youth group, will perform your favorite "Golden Oldies" at 12:00 noon on Wed.

**July 30th.** An intergenerational Ice Cream Social will be held after the show. **FREE!** Reservations needed - call 595-7444.



## Potluck Tea

Wednesday, May 28th, 2003

How does some hot tea, finger foods, and camaraderie sound on a Spring afternoon? We will be hosting a Potluck Tea on Wednesday, May 28th at 2:00pm. We will provide the tea and ambiance, you bring a finger food and a friendly smile. Come share a 'spot of tea' and friendly conversation. Please bring your favorite tea cup as well. To participate, please call (650) 595-7444.

## Karaoke Day

**Tuesday, May 27th**

Do your toes start tapping when you hear a favorite song? Does the music make you want to sing along? Come to our Karaoke Day on Tuesday, May 27th at noon. Our host, Paul Gallegos, will play your favorite tunes for your singing and listening pleasure. **FREE**  
Phone 595-7444 to register.

## Vintage Autos are coming!

**Monday, June 9th, 2003**

Are you interested in vintage cars? Join us on Monday, June 9th at 10am as Harry Logan, owner of several vintage cars, drives his 1940 Buick Limited Convertible sedan into Twin Pines! This collector's car is the same model used in Casa Blanca. Come see and learn fun facts about vintage cars.

**FREE!** Phone 595-7444 to register.



# 28 Adults 55 Plus

## Living Trust & Other Estate Planning (1 Class)

AGE: Adult

FEE: Free

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Thomas Johnson

A local attorney explains how to use a living trust to avoid probate fees, federal estate taxes and conservatorship, and how to use it in conjunction with Durable Power of Attorney documents to plan for "legal incapacity". Keep decisions regarding your health and finances in the hands of people you trust and out of the court's jurisdiction. Attend any one session.

5575.201      W      10:30 - noon      7/16



## Beginning Piano (6 Classes)

AGE: Adult

FEE: \$68 Residents, \$82 Non-residents

LAB FEE: \$15 payable at time of registration (separate check)

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Marilyn Schwarz

Learn easy beginning steps to play the piano for your own enjoyment. "Beginning Piano" will include learning the keyboard, reading music and basic theory.

(No Class 5/26)

5521.201      M      2:45-3:45pm      4/21 - 6/9

## Advanced Beginning Piano (6 Classes)

AGE: Adult

FEE: \$68 Residents, \$82 Non-residents

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Marilyn Schwarz

Advanced beginners must have the knowledge of music notation, major scales, and chords. This class will work on minor modes and chords. The book used is Alfred's Basic Adult Piano Course Level 2. (No Class 5/26)

5521.203      M      4:00-5:00pm      4/21 - 6/9

## Grandma and Me Porcelain Crafts (6 Classes)

AGE: Adult/Child - 9 years and older

FEE: FREE

LOCATION: Twin Pines Senior and Community Center

INSTRUCTOR: Carmelo Santino



Wondering what to do with children during summer? Bring them to the Center and I will help you make a beautiful craft together. It will be a lifetime treasure, and is fun and easy. All materials to make the doll or craft can be purchased in class.

5547.201      W      1:00-3:00 pm      6/25 - 7/30



## Together Time (4 Classes)

AGE: 3-6 years with a grandparent

FEE: \$57 Resident, \$68 Non-resident

LOCATION: Barrett Annex (next to Multi Use)

INSTRUCTOR: Jackson Robertson

FEE: \$12 payable to Instructor at first class



Are you one of the many grandparents who are looking for activities you can do with your grandchildren? Come meet other grandparents in a social and fun atmosphere! Together Time is a new class that will include arts & crafts, music and new friends.

5562.201      W      10:00-11:00am      7/9 - 7/30

5562.202      W      10:00-11:00am      8/6- 8/27

## In Home Fall Prevention and Home Safety Program

brought to you by Twin Pines Senior Center,  
Sequoia Hospital, and Fall Prevention and Home  
Safety Task Force

An exercise physiologist from Sequoia Hospital Health and Wellness, along with a member of Redwood City Fire Department, will come to your home to provide you with a free home fall risk and safety assessment. You will also receive an individual fall risk assessment test, recommendations for strength and balance training exercises, educational materials and community resources. You'll have a phone consultation with a pharmacist to discuss your current medications and fall risk. To learn more about this, or schedule an appointment, call Kristen Gurley, M.S., at Sequoia Hospital (650) 367-5991.

Register for the above classes at the Belmont Park & Recreation Department



## Beginning Line Dancing (10 Classes)

AGE: Adult

FEE: \$40

LOCATION: San Carlos Senior Center

INSTRUCTOR: Karin Ziegler

Not just Country Western anymore! A class for the absolute beginner. Learn all the basic steps that will get you moving on the dance floor. Great exercise! Meet new people and learn at a relaxed pace to a variety of different types of music. New dance taught each week, plus a review of previous dances. No partner required.

5509.201      W      2:30-3:30pm      6/25 - 8/27

## Awareness through Movement (3 classes)

AGE: Adult

FEE: \$35 Resident, \$42 Non-resident

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Beth Sidlow

This class is to help you improve balance, flexibility, strength, reduce pain and give you a sense of well-being. These movement lessons are gentle and pleasurable., done seated in chairs or lying on the floor- your preference. Please bring a mat and wear loose, comfortable clothing.

5503.201      M      1-2pm      4/28 - 5/12

## Senior Strength (5 Classes)

AGE: Adult

FEE: \$39 Residents, \$46 Non-residents

LAB FEE: \$4 (new students only) payable to instructor at 1st class

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Burke Hammond, Bounce Back

Increasing muscular strength will improve your bone density and quality of life. Each class includes standing warm ups, and seated strength exercises using resistance bands. It is appropriate for every fitness level. Come join this fun class! (No class 5/26)

5502.201	M	2:00-3:00pm	5/12 - 6/16
5502.202	M	2:00-3:00pm	6/23 - 7/21
5502.203	M	2:00-3:00pm	7/28 - 8/25



## Exercise and Osteoporosis Prevention

**Mondays, June 2nd**

**10:00-11:00am. FEE - \$7**

This class is designed to teach women how to exercise in ways to help prevent osteoporosis. The health benefits and safety issues will also be discussed. Class will be held at Twin Pines.

**Please call Kristen Gurley, Sequoia Health and Wellness Series at 367-5991 to register, or for more information.**

## PACE

**4 classes, Mondays 10:00-11:00 am,  
6/30 - 7/28 (no class 7/7. FEE - \$25**

People with Arthritis Can Exercise (PACE) is a program designed for those with arthritis. The class will teach people with arthritis how to safely exercise through an education segment and an exercise segment.

**Register for the above classes at the Belmont Park & Recreation Department**

# 30 Adults 55 Plus

## Porcelain Doll Making (6 Classes)

AGE: Adult

FEE: Free

LAB FEE: Depending upon which doll you choose

LOCATION: Twin Pines Senior/ Community Center

INSTRUCTOR: Carmela Santino

Make your own beautiful porcelain doll, with my help. It's easy to do. Your finished doll could be a wonderful and memorable gift or an heirloom for yourself or a loved one. The dolls vary in size. All materials to complete the doll may be purchased in class.

5547.201 Th 1:00-3:00pm 6/26 - 7/31



## Twin Pines Talks

The Twin Pines Senior & Community Center has an interesting and informative lecture series scheduled. The talks begin at 10:00am and all are welcome to attend. Call (650) 595-7444 to register.

### Mission Hospice - what is hospice about?

Thursday - **April 10th**, 10:00am - **FREE**

Hospice is about life - The life of the patient as well as the life of the patient's family. This is a presentation you won't want to miss.

### Informational Videos

Informational videos will be shown on the 2nd Thursday of each month in June, July, and August at **10am**.

**June 12** - Winners in Walking, "Walking for Fitness".

**July 10**, Pacific, Gas, and Electric  
"Gas and Electric Safety"

**August 14** - Alzheimer's Disease  
"What Everyone Should Know"

## Family History (2 Classes)

AGE: Adult

FEE: Free

LAB FEE: 50¢ payable to instructor at first class

LOCATION: Twin Pines Senior/ Community Center

INSTRUCTOR: Irene Gough & Doris Newbery, San Mateo County Genealogy Society

This two part workshop will cover the basics of genealogy. Learn how to study your family history – what information you need and the resources available to you. Class on 5/15 will be held at the Genealogical Society Library in Belmont.

5548.201 Th 10:00am-12:00noon 5/8 - 5/15

## Healthy Body, Healthy Mind

NEW

AGE: Adult

FEE: FREE

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Pyramid Alternatives-Beth Myers

People are living longer, living healthier and taking charge of their lives. This workshop will focus on techniques you can use to promote a healthy body and a healthy mind. Come learn about the interconnection of thoughts, feelings and actions to your health.

5526.201 Th 10:00-11:00am May 29

## Walk & Talk in Twin Pines Park

Join us for an informal, social walk at your own pace in beautiful Twin Pines Park. The walking group will hold an organizational meeting on

**Monday, June 23rd at 10:30am**. Please call

(650) 595-7444 for reservations.

## SENIOR SAFETY DAY

co-sponsored with Belmont Police Department

**JULY 29th 1:00-2:00pm **FREE****

Important information you must know about:

**Emergency Preparedness**

**Home and Fire Safety**

**Scams**

**Personal Protection**

Luncheon included.

**Phone 595-7444 to register**

Register for the above classes at the Twin Pines Senior & Community Center

## 55 Alive Mature Driving

Sponsored by AARP, the Popular 55 Alive Mature Driving Course is returning to Twin Pines **May 22nd and 23rd** and **August 21st and 22nd** from 8:30am to 12:30pm at the Senior and Community Center. The cost for the course is \$10.00. To reserve a space, call (650) 595-7444. The course is limited to 30 participants per session. Please mail your check to The Twin Pines Senior & Community Center, 1223 Ralston Ave., Belmont, CA 94002, Attn: 55 Alive. Check should be made out to AARP.

## Conversational Language Groups

Do you speak another language? Come, chat, make new friends and keep your language fluent. The Twin Pines Senior and Community Center is forming many conversational language groups: **Chinese, French, Italian, Spanish, Russian.** Please phone (650) 595-7444 for more information on how you can get started conversing in a fun and friendly setting.

## We're making models!

Are you a model enthusiast? Or interested in meeting new people and want to be creative by putting together a car, plane or other type of construction project? We are forming a new Model Making group for anyone who wants to create a favorite project in a fun and social environment. Meetings are held on the second and fourth Tuesday of each month at 10:00 am. No fee or reservations needed.

## Book Meet & Swap

Reading enthusiasts come and share your favorite book and find out about other great books to read. Do you have a favorite author? Learn more about them and discover new authors in your favorite genre. The first meeting is **Monday, June 23 at 1:00pm.** Call (650) 595-7444 to register.

## Chess Players Wanted

Do you play chess? Would you like to meet new people and play chess at the Twin Pines Senior & Community Center? We are forming a new chess group, phone (650) 595-7444 to place your name on the chess game schedule.

## Card Players Wanted

Do you play Pinochle or Hearts? Would you like to meet new people and play at the Twin Pines Senior & Community Center? Our Card group meets from 12:00-2:00pm each Wednesday. Reservations are not required. New players are most welcome.

## MAH JONG

Mah Jong is played at Twin Pines on the second and fourth Friday of each month at 1:00. Everyone is welcome. For more information, please call Bev Beck at (650) 595-4654.

## What's Your Game?? Scrabble, Yahtzee, Dominos?

Join us for fun, games, and new friends. Come to Game Days at the Twin Pines Senior & Community Center. Scrabble and other various games will be played on the first and third Thursday of each month from 12:12 - 2:00pm. Dominos is played every Wednesday from 12-2:00pm. Reservations are not needed. Let's play!!!!

## Sports Card Collectors

Are you a sports card collector? A new collectors group is forming at the Twin Pines Senior and Community Center. Share your interest with new friends at our first meeting on **Wednesday, June 25th at 10am.**

## Stamp Collectors

Calling all stamp collectors! We have a Stamp Group that meets on the fourth Monday of each month at 10:00. Come swap information, ideas, and stamps! For more information call (650) 595-7444 or Rich Coleman at (650) 341-7978.

Register for the above classes at the Twin Pines Senior & Community Center

# 32 Adults 55 Plus

## Information & Referral Service

Do you need information about the programs and services available in San Mateo County? Do you need a link to support systems for seniors? The Twin Pines Senior and Community Center now has an Information and Referral Specialist available on Thursdays from 9:00-5:00. For any kind of senior help, phone (650) 595-7444 and ask for Joan Provence.

## Hospitality Committee

Are you newly retired? New to town? Are you familiar with the many services available to you at the Twin Pines Senior and Community Center? Our Hospitality Committee would be glad to talk with you about the classes, clubs, and special events. For more information, please call our Hospitality Committee representative Helen Brink (593-3385). We would like to hear from you!

## Widows & Widowers

This group meets the fourth Wednesday of each month at the Twin Pines Senior and Community Center. Typical meetings feature live entertainment, guest speakers, dinners and socialization. Contact Nancy at 368-6200 for membership information.

## Computer Volunteers Wanted

Would you like to share your computer knowledge with others? We are looking for volunteers to teach small groups of seniors the basics of computer operations. To volunteer, or for more information on the computer lab hours, please call (650)595-7444.

## Internet

Seniors may now access the Internet at the Twin Pines Senior and Community Center. Please call (650) 595-7444 for information on Internet instruction and lab hours.

## Lunch Program

The Senior Nutrition Lunch Program offers seniors a nutritious, economical and delicious hot lunch. These meals are provided through the cooperation of the Parks and Recreation Department and the San Mateo County Area Agency on Aging. **There is a \$2.00 Suggested Donation for those aged 60 & over. Lunch is served Monday thru Thursday at 11:30am.** For adults under 60 years the suggested donation is \$4.00. For further information, please call the Twin Pines Senior & Community Center at (650)595-7444.



## Transportation

The City of Belmont has a wheelchair accessible van available to bring seniors who reside in Belmont to and from the Twin Pines Senior & Community Center to participate in scheduled activities. The transportation is available Monday through Thursday between the hours of 9:00am and 1:00pm. Transportation may also be available for special events. For more information phone (650) 595-7444.

## Computer Programs Beginning Computer Class

This "entry level" class will define basic computer terms and demonstrate what a personal computer can do for you. FREE! Class size is limited, and all beginning computer classes are usually full. Phone (650)595-7444 to place your name on a waiting list, and you will be notified when a class opening becomes available for you.

Register for the above classes at the Twin Pines Senior & Community Center



## Clubs

### American Association of Retired Persons

The Belmont chapter of AARP meets on the 2nd Tuesday of each month at 10:00am at the Twin Pines Senior & Community Center. Interesting meetings are planned, including entertainment and guest speakers on topics of interest to the senior population. Information on state and national legislation as it affects seniors is also discussed. AARP was founded in 1958 to help improve the quality of life of not only its members but all older people. Members do not have to be residents of Belmont, but must be members of the National Association of Retired Persons. For more information, call (650)595-7444.

### Belmont Senior Club

All persons 55 years of age and older are invited to join the Belmont Senior Club. Meetings are held the 1st and 3rd Tuesday of each month at 10:00am at the Twin Pines Senior & Community Center. The Club's bi-weekly meetings are an excellent way to socialize and meet new people. The club also offers trips, parties, fund raisers, guest speakers and more. For more information call (650)595-7444.

### Friday BINGO

The Belmont Senior Club hosts afternoon BINGO the 1st and 3rd Friday of each month. BINGO begins at 1:00pm in the Twin Pines Senior & Community Center. Regular BINGO along with a blackout game will be offered. You are welcome to come early and bring a bag lunch.



## Programs Available to You

### At the Twin Pines Senior & Community Center

**CRAFT GROUP** meets on Tuesday afternoons from 12:30-2:30pm in a social atmosphere. Bring your project and join the fun.

**VIDEO EXERCISE** is held every Monday, Wednesday, and Friday morning at 9:45am. All are welcome to exercise to popular fitness videos. No fee.

**MOVIES** are shown every Wednesday at 12:15pm. The movies are free. Check your Senior Tales Newsletter or phone (650)595-7444 for the featured presentation.

**TUESDAY BINGO** is held the 1st, 2nd, 3rd Tuesday of each month at 12:15pm. It is a low key Bingo. All are welcome.

**BRIDGE** is held every Thursday afternoon from 12:45-4:00pm. Reservations are not necessary. Phone (650)595-7444 or (650)591-8712 for information.

**POOL** players are welcome to use our lovely pool table.

**BOOKS** are available in our complimentary loan library.

**SENIOR SING-A-LONG** includes brushing up on your old favorites and learning new songs. Class is held Mondays from 1:30-2:30pm and is conducted by pianist Marilyn Schwarz. New members are welcome. Running currently through June 9th.

## Health Screenings

### Health Insurance Counseling and Advocacy Program (HICAP)

The Health Insurance Counseling and Advocacy Program (HICAP) is designed to assist Seniors with Medicare and supplemental health insurance policies. The counseling services are provided free of charge by volunteers who have completed an extensive training program in the complex areas of Medicare and supplemental health insurance. A HICAP volunteer is available at the Twin Pines Senior and Community Center. For an appointment, call the HICAP office at 1-800-200-0268.

### Need Help? Call TIES

The County of San Mateo offers a variety of Senior services. If you have any questions concerning transportation, home care, support groups, hospitals or any other aspect that impacts the Senior population, you can call the following 24-hour number: 1-800-675-8437. It is called the Teamwork Insuring Elder Support or TIES line.

### Blood Pressure Screening

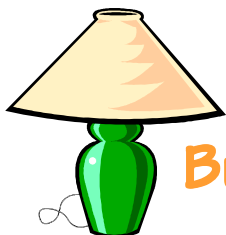
Free blood pressure screenings are held the third Tuesday of every month from 9:00 am-10:00 am. No appointments are necessary. This service is provided by Sequoia Hospital Health and Wellness Services.

### Shoppers Needed

Center for Independence for Disabled (CID) is looking for volunteers for the Shopping Assistance for Seniors who are Homebound (SASH). If you are able to drive, and have time to help a local homebound Senior obtain groceries, please call CID at (650)595-0783.

34

# City of Belmont Annual City Wide Garage Sale



Sat. August 2nd, 2003



**Buyers - Mark this date on your calendar!!**

This year we will be advertising in the paper, in addition  
to the list we produce.

Free lists are available on our website a week before, and at our office.

To have your sale listed on the city wide list, return the registration form NO LATER  
THAN JULY 23rd. Late applications will NOT be accepted! No exceptions!

---

Annual City Wide Garage Sale  
Registration Form - Fee - \$5 (to offset advertising costs)

☐ Yes! I would like to be included on the City Wide Garage Sale List!

Please Print:

Name: \_\_\_\_\_

(will not appear on list)

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

(will not appear on list)

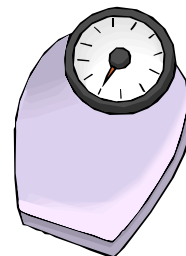
Items to be sold (list 1-5 items): \_\_\_\_\_



Return this form with a check\* to:

Belmont Parks & Recreation Department  
1225 Ralston Avenue  
Belmont, CA 94002

\*make checks payable to City of Belmont





**BELMONT'S ANNUAL  
FLEA MARKET**  
**SATURDAY, JUNE 7TH - 9AM - 2:30 PM**



**35**

Families and Non-Profit groups can sell books furniture, sporting goods, household items, etc. Cost is \$25 for a 20' X 20' space. (Barrett Community Center Field) on Saturday, June 7, 2003, from 9:00am to 3:00pm.



My Garage is a Mess!  
I want to reserve a space at the City-Wide Flea Market



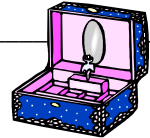
Name: \_\_\_\_\_ preferred location \_\_\_\_\_

Address: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Night Phone: \_\_\_\_\_



Return form with payment to by May 28th:  
Belmont Flea Market, 1225 Ralston Ave., Belmont, CA 94002



The Recreation Department has the right to refuse any item! All unsold goods must be removed by the seller no later than 3:30pm on Saturday, June 7th. Booths will be assigned on a first-come first served basis.

*Shoppers, this is a marvelous opportunity to hit all of the garage sales in just one stop and no admission charge!*

# See Rear Cover for Summer Concert Schedule and Farmer's Market



## Twin Pines Art & Wine Festival

**Sat. Sept. 20 - 10:00am – 6:00pm**  
**Sun. Sept. 21 - 10:00am-5:00pm**

**Twin Pines Park, 1225 Ralston Avenue, Belmont**

**THE PARKS AND RECREATION DEPARTMENT** would like to invite you to attend the City's annual Twin Pines Art & Wine Festival.

The Festival will have a variety of food, continuous entertainment and wine from many outstanding wineries. You will have the opportunity to purchase the official Twin Pines Art and Wine Festival collectors wine glasses and T shirts.

The Festival serves as a fundraiser for various Park and Recreation Department projects, as well as for participating community non-profit organizations. For additional information contact the Parks and Recreation Department at (650) 595-7441.

**VOLUNTEER FORMS WILL BE AVAILABLE IN OUR OFFICE AND IN THE NEXT ACTIVITIES GUIDE.**



# 36 Park & Recreation Facilities



**Twin Pines Senior & Community Center**



**Twin Pines Park Lodge**



**Barrett Community Center**

The City of Belmont Parks and Recreation Department has five unique facilities available for weddings, parties, banquets, retreats and community meetings. Located in picturesque Twin Pines Park, 1225 Ralston Ave, are the Twin Pines Senior and Community Center, Lodge Recreation building, and the Cottage. Additionally, Twin Pines Park has a group picnic area located at the west end of the park. The area features seating for 100 people, large barbecue, serving tables, children's playground area and water. The City's newest facility is the Belmont Sports Complex and Conference Center located at 550 Island Parkway. This is an ideal facility for training opportunities, seminars, as well as private parties. The Complex has seating for 125 and can accommodate up to 170 people. The final facility that we are pleased to offer for public use is the Barrett Community Center located at 1835 Belburn Drive. The Center is perfect for children's parties, meetings or other social gatherings. Applications must be filed in person at the Belmont Recreation Department. For all facility questions and rental inquiries call Francis Mason at 650-637-2927.



**Twin Pines Park Cottage**



**Conference Center**



## Belmont Community Mediation Program

520 South El Camino Real #640, San Mateo, CA 94402 (650) 373-3490; [www.pcrweb.org](http://www.pcrweb.org)

Are you having problems with a neighbor, landlord, merchant or employer? The volunteers of the community Mediation Program may have an effective solution. Working through a problem with the help of volunteers trained in mediation techniques nearly always has a positive result, solving the problem and improving the relationship. Spanish speaking staff available. FREE

## Belmont Historical Society History Room

Club meets the second Saturday in September, January, March and June from 10am-12noon in the History Room in the Manor Building at Twin Pines Park. Annual membership is \$10. The History Room is open to the public 1:00-4:00pm on the 2nd and 4th Saturdays each month, and weekends during park events. Admittance is free.

## The Book Nook at the Cottage

The new, used book store sponsored by the Friends of the Belmont Library, now has a permanent home, downstairs behind the Cottage. The Book Nook will be open to the public the fourth Friday of each month in coordination with the Cottage's luncheons from 12 noon until 4:00pm, on the next day, Saturday, the second Sunday, as well as during our City's Fall & Winter Art Festivals. Varied hardback and paperback books and tapes are on sale with proceeds going to the Belmont Library. [www.friendsofthebelmontlibrary.org/](http://www.friendsofthebelmontlibrary.org/) For details, or to donate books, call (650) 593-5650 or (650) 591-3261 or (650) 591-6329.

## Belmont Chamber of Commerce

1070 Sixth Avenue, Suite 102,

Belmont, CA 94002

(650) 595-8696 e-mail

[director@belmontchamber.org](mailto:director@belmontchamber.org).

Call for events and dates, to get membership information, or to receive a newsletter.



## Notre Dame de Namur University

1500 Ralston Ave, Belmont Ph. (650) 593-1601, fax (650) 508-3660, [www.ndnu.edu](http://www.ndnu.edu).

NDNU offers education opportunities as well as a variety of events to entertain the whole family. For complete information on our academic programs, contact our Admissions Department at 650-508-3607. Commencement is May 4th, 2:00pm

## Cottage Auxiliary

The Cottage Auxiliary group not only has dedicated volunteers, but also serves delicious lunches. Enjoy dining in the relaxed atmosphere of one of Belmont's most charming facilities, the Creekside Cottage, located in Twin Pines Park. All proceeds are used for the restoration and maintenance of this richly historical community building. Luncheons are served on the 4th Friday of each month, by reservations only. Reservations made by calling 592-3366.

## 1870 Art Center

1870 Ralston Avenue, (650) 595-9679

1870 Art Center is a complex of professional artists' individual working studios and an established art gallery. They include painters and sculptors in a variety of media; jewelers, photographers potters and weavers.

Exhibits are changed regularly in the central Gallery. The studios are open to interested visitors, student groups, and organized tours. Painting, drawing, and sculpture classes are currently being held. Hours: The complex is open on weekdays and frequently on weekends. The Gallery is open Thursday through Sunday, 1pm to 5pm or by appointment.

## NEW - Twin Pines Art Center - NEW

Belmont's beloved Manor House will be reborn as the Twin Pines Art Center in Grand Opening Ceremonies on **May 1st**. The public is invited to share in the festivities from **7-9pm** as four cultural entities - The Belmont Arts Council, Kollage Community School for the Arts, the Silicon Valley Art Museum and 15 studio artists-launch their coalition.

Exhibitions of artwork by local and regional artists once again grace the walls of the Parlor Gallery under the sponsorship of the Belmont Arts Council. Kollage offices will be the corner rooms nearest the Police Station. To the right of the entry, the Museum offers a formal exhibitions gallery, an education and events room, a museum store and resource library (for Museum members). The second floor provides working studios for artists, and the stairway and upper hall is now the Studio Artists' Gallery.

Working together these four entities-artists, arts administrators, local gallery and museum-are creating a cultural facility greater than the sum of their individual parts.

The Twin Pines Art Center welcomes **visitors from 11am - 5pm on weekdays, and 1-4pm on weekends.**

For more information on schedules and programs, please call Gail Gandolfi regarding the Arts Council - 591-6950; Kollage School for the Arts - 592-8842; Silicon Valley Art Museum 654-4324 for the museum or the studio artists.

**City of Belmont Administrative Offices**

1070 - 6th Avenue, Belmont

Permit Center .....	(650)595-7416
Business Licenses.....	(650)595-7436
City Clerk.....	(650)595-7413
City Manager.....	(650)595-7408
Finance.....	(650)637-7934
Human Resources.....	(650)595-7438
Planning.....	(650)595-7416

**Internet Address** <http://www.belmont.gov/>**E-mail:**

Building & Planning - [comdev@ci.belmont.ca.us](mailto:comdev@ci.belmont.ca.us)  
 City Clerk's Office - [cclerk@ci.belmont.ca.us](mailto:cclerk@ci.belmont.ca.us)  
 City Manager's Office - [cmanager@ci.belmont.ca.us](mailto:cmanager@ci.belmont.ca.us)  
 Finance - [financedept@ci.belmont.ca.us](mailto:financedept@ci.belmont.ca.us)  
 Parks/Recreation Office - [parksrec@ci.belmont.ca.us](mailto:parksrec@ci.belmont.ca.us)  
 Police Dept Administration - [police@ci.belmont.ca.us](mailto:police@ci.belmont.ca.us)  
 Public Works Dept. - [pworks@ci.belmont.ca.us](mailto:pworks@ci.belmont.ca.us)  
 Webkeeper/Technology - [tech@ci.belmont.ca.us](mailto:tech@ci.belmont.ca.us)

**Parks and Recreation**

Administration:	
1225 Ralston Ave.....	(650)595-7441
Barrett Community Center:	
1835 Belburn Dr.....	(650)595-7447
Community Learning Center:	
1835 Belburn Dr.....	(650)595-7448
Playing Field Conditions.....	(650)592-7557
Senior/Community Center.....	(650)595-7444
Tree Permits.....	(650)595-7441

**Police - 1215 Ralston Avenue, Belmont**

Emergency.....	911
Abandoned Vehicle Hotline.....	(650)595-7455
Business Calls Only.....	(650)595-7400

**Public Works**

Engineering Services.....	(650)595-7425
Streets & Sewers.....	(650)595-7427
Emergency Night/Weekend & Holiday Service or after 5:00pm on Weekdays..	(650)595-7400

**Animal Control: Peninsula Humane Society at**

12 Airport Blvd., San Mateo.....(650)340-8200

**Chamber of Commerce**

1070 6th Avenue.....(650)595-8696

**South County Fire Authority - Belmont & San Carlos****600 Elm Street, San Carlos**

Emergency.....	911
Business Only.....	(650)802-4255

**Garbage - Browning Ferris Industries.....(650)592-2411****Library - San Mateo County**

1110 Alameda, Belmont.....(650)591-8286

The Friends of the Belmont Library -

Joan Peceimer.....(650)593-9514  
 Book Nook.....[www.friendsofthebelmontlibrary.org/](http://www.friendsofthebelmontlibrary.org/)

**Water - Mid-Peninsula Water District**

3 Dairy Lane, Belmont.....(650)591-8941

**Belmont /Redwood Shores School District**

2960 Hallmark Drive, Belmont.....(650)637-4800

**Carlmont High School**

San Carlos Ave. &amp; Alameda de las Pulgas

.....(650)595-0210

**Kollage Community School for the Arts**

P.O. Box 532, Belmont.....(650)592-8842

**Local Organizations**

American Red Cross.....	(650)259-1750
San Mateo Arts Council.....	(650)591-6950
Center for Independence of the Disabled .....	(650)595-0783
Peninsula Humane Society.....	(650)340-8200
Sequoia Hospital - Community Education.....	(650)367-5995

**Clubs & Organizations**

AAUW - Belmont/San Carlos Branch

Jean Horstmeyer.....	(650)342-3805
AYSO Soccer - .....	(650)591-KICK(5425)
Babe Ruth - Bo Shabatura.....	(650)592-3158
Belmont Youth Softball Association Mike Dutto.....	(650)591-8342 or 631-RUNS(7867)
Belmont 4-H - Kristin Mercer.....	(650)592-4868
Belmont AARP - .....	(650)595-7444
Belmont Community Mediation Program .....	(650)571-0367

Belmont Arts Council.....(650)591-6950

Belmont Garden Club-Lois Perry.....(650)592-9604

Belmont Historical Society -

Tom Seivert.....(650)593-4213

Belmont History Room -

Charlaine Seivert.....(650)593-4213

Belmont Joe DiMaggio-Ken Ray.....(408)723-0484

Belmont Melodrama.....(650)599-2720

Belmont Park Boosters -

Judy King.....(650)592-3068

Belmont/San Carlos Mother's Club.....(650)654-5984

or [schmomsclub@yahoo.com](mailto:schmomsclub@yahoo.com) or [www.belmont.gov/org/mc](http://www.belmont.gov/org/mc)

Belmont Seniors Citizens Advisory Committee

Don Wilson.....(650)595-7444

Belmont Senior Club - ..... (650)595-7444 |

Belmont Women's Club -

Charlaine Seivert.....(650)593-4213

Boy Scouts &amp; Cub Scouts of America -

Len Lanzi.....(650)341-5633

The Cottage Auxiliary -

Eleanor Koch.....(650)592-3366

CYSA Soccer.....(650)637-1884

HIP Housing.....(650)348-6660

Little League - ..... (650)591-0675 |

League of Women Voters-

Central San Mateo County.....(650)342-5853

Peninsula Art Association.....(650)349-2787

Peninsula Conflict Resolution Center -

website - [www.pcrweb.org](http://www.pcrweb.org).....(650)373-3490

San Francisco Girl Scout Council -

Kelly McGrath.....(650)591-4520

Belmont Rangers Hockey Club.....(650)464-0119

San Andreas Youth Soccer Org.....(650)593-5161

San Mateo Arts Council.....(650)593-1816

Toastmasters - Celeste.....(650)570-6971

V.O.I.C.E.S. Teen Commission.....(650)595-7447

website - [www.voicesbelmont.com](http://www.voicesbelmont.com)

# Registration Information

# 39



## Mail-In Registration Starts NOW!

Mail in registration begins with delivery of the activity guide. Belmont Residents registration will be processed first in the order received. Non-resident registration will be held until **April 23rd**, then processed in the order received. Mail completed registration form and check, made payable to:

City of Belmont  
1225 Ralston Ave.  
Belmont, CA 94002-1902  
Attn: Registration

## Walk In

Both residents and non-residents may register in person starting **April 23rd**. Walk in registration will continue until classes begin. PLEASE REGISTER EARLY TO AVOID CANCELLATION OR FILLING UP. Register at Twin Pines Park, 1225 Ralston Ave. (1½ blocks west of El Camino). Office hours are Monday through Friday, 8:00am-5:00pm.



## Fax Registration 595-7419

Fax registration will be accepted if you plan to pay by VISA or Mastercard ONLY! Please write clearly! Fax registration will be processed randomly with the next day's mail. Confirmation/receipt WILL be mailed to you.

## Refunds & Credit Vouchers

No refunds or credit vouchers will be issued once a class has begun. Full refunds will be given only for classes canceled or closed by the Recreation Department. A credit voucher/refund will be given if a participant withdraws from a class at least one week before the class begins. There will be a \$5.00 service charge per program. Credits are good for one year from the date of issue. Classes will not be pro-rated for missed sessions.

## Family Registration Form Belmont Parks & Recreation Department

- ⇒ Complete registration information below
- ⇒ Make check or money order payable to: CITY OF BELMONT
- ⇒ MAIL TO: Belmont Parks & Recreation Department  
1225 Ralston Ave., Belmont, CA 94002-1902



## It's Easy! Use your Credit Card!

CARD NUMBER \_\_\_\_\_  
EXP. DATE \_\_\_\_\_ ☐ VISA ☐ MASTERCARD  
SIGNATURE \_\_\_\_\_  
CARDHOLDERS NAME (PRINT) \_\_\_\_\_  
PAID \_\_\_\_\_

I hereby absolve the City of Belmont, its employees and officers from all liability that may arise as the result of my participation in the activities below, and in the event that the below-named participant is a minor, I hereby give my permission for his/her participation as indicated and in so doing, absolve the City of Belmont, its employees and officers from such liability. I/We agree to allow use of my/our photograph(s) for program publicity.

Signature \_\_\_\_\_ Date \_\_\_\_\_ ☐ Parent ☐ Guardian ☐ Participant

Payee Information (Person paying for Registration) \_\_\_\_\_ Home Phone \_\_\_\_\_

Name \_\_\_\_\_ Day Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail Address (optional) \_\_\_\_\_

Participant's Full Name	DOB	Name of Class/Level	Class Code Numbers		Program Fee	
			1st Choice	2nd Choice	Res	Non



Do you have any special needs that require specific accommodations so you can fully enjoy one of our classes or facilities?  
☐ YES, please contact me for more information about my needs.

TOTAL FEES



# SUMMER CONCERT SERIES

JUNE 15 - JULY 27th

Twin Pines Park, 1219 Ralston Ave

Performances are **Sunday afternoons 1-4pm**

**Seating on the lawn.**

These **FREE** concerts are produced by the **BELMONT PARK BOOSTERS** with the cooperation of the **Belmont Parks & Recreation Department**.

Refreshments are available. (Proceeds make these concerts possible)

Eat, drink & ENJOY!

## Concert Schedule :

JUNE 15 - Jack Aces - Classic Rock

JUNE 22 - Brother Buzz - Rock & Roll with Soul

JUNE 29 - System 9 - Rhythm & Blues

JULY 6 - McCarty & Company - Country Western

JULY 13 - Solid Air - Americana Folk/Rock

JULY 20 - Rick Serra & Blues Wave - Blues

JULY 27 - D-5 - Rockin' the Park



## CERTIFIED FARMERS' MARKET

South Caltrain Parking Lot on El Camino Real

Every **SUNDAY** from **MAY 18 - NOV.16**

**9:00AM - 1:00PM**

Come visit the Belmont Certified Farmers' Market to taste and buy some of the season's freshest fruits and vegetables, fresh Artisan Breads and Pastries.

Market is open every Sunday, rain or shine, until November 16.

**Parks & Recreation - The Benefits are endless!**

**Belmont Parks & Recreation Department**  
1225 Ralston Avenue  
Belmont, CA 94002-1902

PRSRT STD  
US POSTAGE  
PAID  
Permit #22  
Belmont, CA

Carrier Presort  
Postal Customer  
Belmont, CA 94002